



# THE SEED TABLE

Menu & Recipe Book

• Breakfast • Lunch • Snacks



This menu and recipe book was developed by My Viva Inc. for the exclusive use and implementation of

# THE SEED

DAYCARE & OSC



# The Seed Table Menu & Recipe Design



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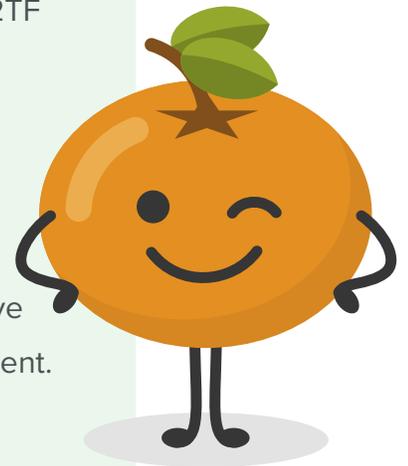
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## Welcome to The Seed Table, a recipe book for the healthy development and growth of young children.

Nutrition is powerful! Yet without the proper guidelines and practices, nutrition becomes an underutilized tool for health and wellness. The goal of this recipe book is to foster healthy development through dietitian-recommended eating patterns and age related nutrient balance.

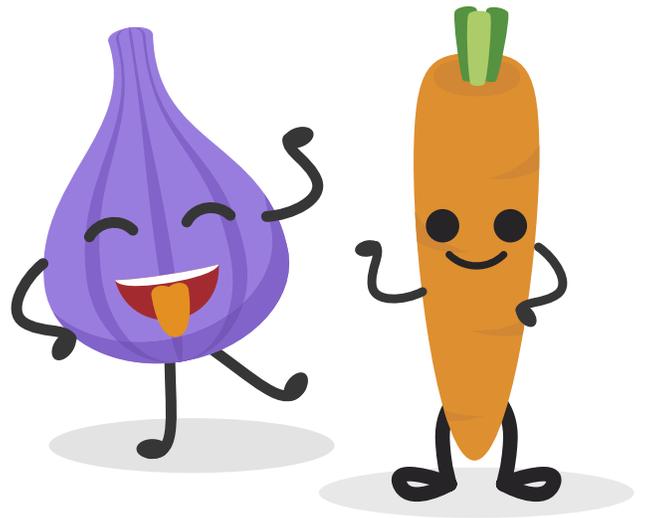
The recipes within this book are packed with natural ingredients and limit added sugar, saturated fat and salt. Special attention has been made to ensure that the recipes within this book are nutrient dense and well balanced, giving children the energy needed for the health of their developing minds and bodies.

Inside, you will find 8 seasonal menus that each include breakfast, snack and lunch plans. These menus offer a vegetarian option for lunch along with gluten and lactose free alternatives for each recipe.

Many elements within these recipes can be prepared in advance to save time. The menus have been designed in a way to reduce waste and build on foods that have been prepared early in the week. This makes menu items easier to execute when preparing food for large numbers, while reducing the likelihood of food waste.

Always remember that children are exploring food and it can be challenging at times for them to try new things. Some of the recipes and snacks recommended may be different from what they are accustomed to eating at home. Keeping the elements separate and letting the children try the different components can sometime help them adopt new foods.

In fueling your children for energy and growth, you are ensuring that they are getting everything they need to continue to grow and play.



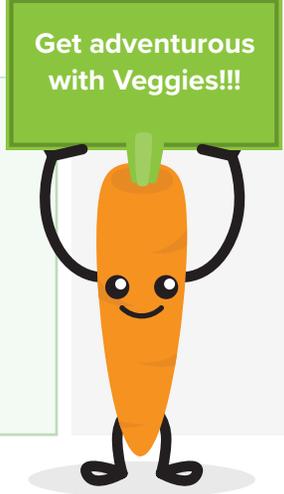


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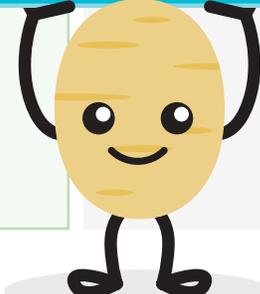
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# Spring/Summer Menu 1

	<b>Breakfast</b> (serve with milk or milk alternative)	<b>Snack</b> (serve with water)	<b>Lunch</b> (serve with milk or milk alternative)	<b>Legend:</b>
<b>Monday</b>	<b>Berry Yogurt Smoothie</b>   Lactose free yogurt and milk alternative	<b>Lemon Garlic Hummus and veggies</b>	<b>Chicken Teriyaki Stir-Fry</b>   Tofu	 Vegetarian  Lactose free  Gluten free
<b>Tuesday</b>	<b>Vegan Waffles, side of fruit</b>   Gluten free flour	<b>Fruit and Yogurt Bark</b>   Lactose free yogurt	<b>Hummus and Turkey Wraps</b>    Omit turkey Gluten free wrap	
<b>Wednesday</b>	<b>Chocolate Banana Mini Muffins</b>    Gluten free flour Lactose free yogurt	<b>Dill-icious Dill Dip with Veggies</b>   Lactose free yogurt, Lactose free cottage cheese	<b>Smashed Chickpea Salad Sandwiches</b>   Gluten free bread	<b>Notes:</b>
<b>Thursday</b>	<b>Cheese Omelette, side of fruit</b>   No cheese	<b>Veggie Tots</b>    Gluten free bread crumbs Use nutritional yeast	<b>Quinoa Fruit Salad</b>   Lactose free yogurt	
<b>Friday</b>	<b>Whole grain cereal, side of fruit</b>    Gluten free alternative Milk alternative	<b>Avocado Chocolate Mousse, side of berries</b>	<b>Chicken Nuggets, side of 'Orange' Fries (Carrot Fries)</b>    Chickpea Nuggets Gluten free bread crumbs	



# Spring/Summer Menu 2

	<b>Breakfast</b> (serve with milk or milk alternative)	<b>Snack</b> (serve with water)	<b>Lunch</b> (serve with milk or milk alternative)	<b>Legend:</b>
<b>Monday</b>	<b>Blueberry Cocoa Smoothie</b>   Lactose free yogurt	<b>Zucchini Chickpea Fritters</b>   Gluten free bread crumbs	<b>Chicken Quesadillas</b>     Veggie Quesadillas Gluten free tortilla Lactose free cheese	 Vegetarian   Lactose free   Gluten free
<b>Tuesday</b>	<b>Granola, side of yogurt and berries</b>    Gluten free oats Lactose free yogurt	<b>Sliced cucumbers and cheddar cheese</b>   Lactose free cheese	<b>Roasted Veggie Quinoa Salad</b>	
<b>Wednesday</b>	<b>Banana Berry Mini Muffins</b>    Milk alternative and lactose free yogurt Gluten free flour	<b>Cinnamon Chips with Fruit Salsa</b>   Gluten free pitas	<b>Frog Soup (Spring Pea and Mint Soup)</b>	<b>Notes:</b>
<b>Thursday</b>	<b>Blueberry Breakfast Rolls</b>	<b>Ogre Tots (Broccoli Tots)</b>    Gluten free bread crumbs Use nutritional yeast	<b>Chicken and Waffles</b>    Chickpea Nuggets Gluten free flour	
<b>Friday</b>	<b>Scrambled Eggs with Tomato</b>	<b>Frozen Yogurt Pudding Bites</b>   Lactose free yogurt	<b>Veggie Pizza Rolls</b>    Gluten free flour Lactose free cheese	<div style="border: 1px solid black; padding: 5px; text-align: center; background-color: #ADD8E6;">Turnip for what?</div> 

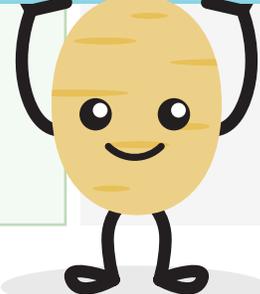
# Spring/Summer Menu 3

	<b>Breakfast</b> (serve with milk or milk alternative)	<b>Snack</b> (serve with water)	<b>Lunch</b> (serve with milk or milk alternative)	<b>Legend:</b>
<b>Monday</b>	<b>Strawberry Grapefruit Smoothie</b>	<b>Ants on a Log</b>	<b>Pulled Pork Sliders, side of veggies</b>    Pulled BBQ Jackfruit Sliders Gluten free bun	 Vegetarian   Lactose free   Gluten free
<b>Tuesday</b>	<b>Strawberry Toast</b>    Gluten free bread Lactose free cream cheese	<b>Cinnamon Sugar Roasted Chickpeas</b>	<b>Salmon Nuggets with Sweet Potato Fries</b>   Vegan "Fish" Sticks	
<b>Wednesday</b>	<b>Banana Lentil Muffins</b>   Gluten free flour	<b>Apple Sauce</b>	<b>Strawberry Salmon Salad</b>   Jackfruit	<b>Notes:</b>
<b>Thursday</b>	<b>Loaded Veggie Egg Cups</b>   Milk alternative	<b>Pears and cheddar cheese</b>	<b>BBQ Pork Pizza Bagels, side of veggies</b>   Jackfruit	
<b>Friday</b>	<b>Pizza Bagel, side of fruit</b>    Gluten free bagel Lactose free cheese	<b>Black Bean Brownies</b>   Gluten free flour	<b>Jack and the Beanstalk Soup (Minestrone)</b>	<div data-bbox="1247 1654 1598 1789" style="border: 2px solid orange; padding: 5px; text-align: center; font-weight: bold; color: white;">                         You're berry special!                     </div> 

# Spring/Summer Menu 4

	<b>Breakfast</b> (serve with milk or milk alternative)	<b>Snack</b> (serve with water)	<b>Lunch</b> (serve with milk or milk alternative)	<b>Legend:</b>
<b>Monday</b>	<b>Chocolate Strawberry Oatmeal Bars</b>   Gluten free oats	<b>Cucumber Sandwich Bites</b>	<b>Creamy Corn Soup</b>   Milk alternative	 Vegetarian   Lactose free   Gluten free
<b>Tuesday</b>	<b>Peach Toast</b>   Gluten free bread	<b>Chickpea Energy Bites</b>	<b>Sheet Pan Chicken Fajitas</b>    Tofu Gluten free wrap	
<b>Wednesday</b>	<b>Berry Zucchini Oatmeal Muffins</b>    Gluten free flour Milk alternative	<b>Peach Frozen Yogurt</b>   Lactose free yogurt	<b>Chicken Caesar Wraps</b>    Tofu Gluten free tortilla	<b>Notes:</b>
<b>Thursday</b>	<b>Breakfast Quesadilla, side of fruit</b>    Gluten free tortilla Lactose free cheese	<b>Strawberries with vanilla Greek yogurt</b>   Lactose free yogurt	<b>Kale Chicken Caesar Salad</b>   Tofu	
<b>Friday</b>	<b>Strawberry Breakfast Rolls</b>   Gluten free flour	<b>Sundried Tomato Hummus with veggies</b>	<b>Chicken Tacos</b>    Lentil Tacos Gluten free tortilla	

Turnip the beat!



# Fall/ Winter Menu 1

	<b>Breakfast</b> (serve with milk or milk alternative)	<b>Snack</b> (serve with water)	<b>Lunch</b> (serve with milk or milk alternative)
<b>Monday</b>	<b>Banana Oat Breakfast Cookies</b>   Gluten free oats	<b>Chocolate Yogurt Dip Surprise, side of apples</b>   Lactose free yogurt	<b>Tomato Soup</b>
<b>Tuesday</b>	<b>Southwest Egg Muffins, side of fruit</b>   Lactose free cheese	<b>Crispy Chili Chickpeas</b>	<b>Mac and Cheese</b>    Gluten free pasta Replace with nutritional yeast
<b>Wednesday</b>	<b>French Toast with Apple Blueberry Sauce, side of fruit</b>    Gluten free bread Milk alternative	<b>Granola Bars *contains nuts</b>   Gluten free oats	<b>Chicken Ranch Wraps</b>    Tofu Gluten free tortilla
<b>Thursday</b>	<b>Tofu and Bean Burritos</b>    Gluten free wrap No cheese	<b>Greek Yogurt Ranch Dip with veggies</b>   Lactose free yogurt	<b>Vegan Broccoli Cheese Soup</b>
<b>Friday</b>	<b>Speckled Frog Waffles (Whole Wheat Zucchini Waffles), side of fruit</b>   Gluten free flour	<b>Fruit Salad</b>	<b>Chicken Fried Rice</b>   Tofu

## Legend:



Vegetarian



Lactose free



Gluten free

## Notes:



# Fall/ Winter Menu 2

	<b>Breakfast</b> (serve with milk or milk alternative)	<b>Snack</b> (serve with water)	<b>Lunch</b> (serve with milk or milk alternative)
<b>Monday</b>	<b>Ogre Smoothie (Green Mango Smoothie)</b>   Milk alternative	<b>Banana Berry Mini Muffins</b>    Gluten free flour Lactose free yogurt and milk alternative	<b>Snowman Nose Soup (Carrot Ginger Soup)</b>
<b>Tuesday</b>	<b>Baked Pumpkin Oatmeal</b>   Gluten free oats	<b>Oranges with vanilla Greek yogurt</b>   Lactose free yogurt	<b>Turkey Zucchini Meatloaf</b>    Lentil Loaf Gluten free bread crumbs
<b>Wednesday</b>	<b>Pumpkin Muffins</b>    Gluten free flour Milk alternative	<b>Celery with almond or sunflower seed butter</b>	<b>Snowy White Soup (Roasted Parsnip and White Bean Soup)</b>
<b>Thursday</b>	<b>Mini Breakfast Pizzas</b>    Gluten free muffin Lactose free cheese	<b>Apple Wedge Snack</b>	<b>Turkey Chili with Butternut Squash</b>   Cook turkey separately and add to non vegetarian bowls
<b>Friday</b>	<b>Whole Wheat Waffles, side of Greek yogurt and fruit</b>    Gluten free flour Lactose free yogurt	<b>Pumpkin Harvest Cookies</b>   Gluten free oats	<b>Veggie Pizza Pockets</b>    Gluten free flour No cheese

- Legend:**
-  Vegetarian
  -  Lactose free
  -  Gluten free

**Notes:**



# Fall/ Winter Menu 3

	<b>Breakfast</b> (serve with milk or milk alternative)	<b>Snack</b> (serve with water)	<b>Lunch</b> (serve with milk or milk alternative)
<b>Monday</b>	<b>Banana Almond Roll-Up</b>   Gluten free wrap	<b>Sliced cucumbers and cheddar cheese</b>	<b>Chicken Noodle Soup</b>    Chickpeas instead of chicken Gluten free pasta
<b>Tuesday</b>	<b>Chocolate Raspberry Oatmeal Bars</b>   Gluten free flour Lactose free yogurt	<b>Cinnamon Apple Chips</b>	<b>Beef Tacos</b>     Lentil Tacos Gluten free tortilla No cheese or sour cream
<b>Wednesday</b>	<b>Blueberry Banana Pancakes</b>    Gluten free oats Milk alternative and lactose free yogurt	<b>Pumpkin Seed Hummus</b>	<b>Cashew Chicken Stir-Fry</b>   Tofu or chickpeas
<b>Thursday</b>	<b>Apple Cinnamon Buns</b>   Gluten free flour	<b>Kefir Ranch Dip with veggies</b>	<b>Egg Salad Sandwiches</b>     Tofu Salad Sandwiches Gluten free bread Lactose free yogurt
<b>Friday</b>	<b>Breakfast Egg Wrap</b>   Gluten free wrap	<b>Double Chocolate Oatmeal Cookies</b>   Gluten free oats	<b>Spaghetti and Meatballs</b>    Vegan "Meatballs" Gluten free pasta

## Legend:



Vegetarian



Lactose free



Gluten free

## Notes:



# Fall/ Winter Menu 4

	<b>Breakfast</b> (serve with milk or milk alternative)	<b>Snack</b> (serve with water)	<b>Lunch</b> (serve with milk or milk alternative)
<b>Monday</b>	<b>Sunflower Seed Waffles</b>   gluten free flour	<b>Fruit Roll-Ups</b>	<b>Jack-O-Lantern Soup (Butternut Squash Soup)</b>    Lentils Lactose free yogurt
<b>Tuesday</b>	<b>Gingerbread Pancakes with orange slices</b>    Gluten free flour Milk alternative	<b>Cinnamon Apple Snack</b>	<b>Turkey Shepherd's Pie</b>    Vegan Shepherd's Pie Milk alternative
<b>Wednesday</b>	<b>Citrus Hemp Heart Muffins</b>   Gluten free flour	<b>Pepper slices with cheddar cheese</b>   Lactose free cheese	<b>Fish Tacos</b>    Vegan "Fish" Tacos Gluten free tortilla
<b>Thursday</b>	<b>Egg Roll-Up</b>   Lactose free cheese	<b>Gluten Free Banana Bread</b>	<b>Purple Soup (Borscht)</b>   Lactose free yogurt
<b>Friday</b>	<b>Blueberry Breakfast Cookies</b>   Gluten free oats	<b>Zucchini Chickpea Fritters</b>   Gluten free bread crumbs	<b>Fish and Chips</b>    Vegan "Fish" and Chips No cheese

## Legend:



Vegetarian



Lactose free



Gluten free

## Notes:



# BREAKFAST

# BREAKFAST RECIPES

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# Berry Yogurt Smoothie

 1 serving

## Ingredients:

- 1½ cups frozen berries
- ½ cup plain Greek yogurt
- ¾ cup milk (2%)
- ½ large banana



## Preparation:

- Combine all ingredients in a blender and blend until smooth.
- If too thick, add 1–3 tbsp water until desired consistency is reached.
- Serve and enjoy!

Nutritional analysis per serving: 321 calories, 4 g fat, 21 g protein,  
52 g carbohydrate (46 g available carbohydrate), 6 g fibre, 153 mg sodium  
Plate Portions: 2 protein, 2 fruit, 1 dairy

# Vegan Waffles

 8 servings (1 Waffle per serving)

## Ingredients:

- ¼ cup ground flaxseed
- ½ cup water
- 2 cups whole wheat flour
- 1½ cups all-purpose flour
- 2 tbsp baking powder
- 1 tsp salt
- 1 tsp cinnamon
- ⅓ cup sugar
- 3½ cups plant-based milk
- ½ cup vegetable oil
- 2 tsp vanilla



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## Preparation:

- Preheat waffle iron.
- Add flaxseed and water to a large bowl and stir to combine. Let stand for 5 minutes.
- In a second large bowl combine both flours, baking powder, salt, cinnamon and sugar. Whisk to combine. Set aside.
- Add milk, oil and vanilla to flaxseed mixture and whisk to combine.
- Add liquid ingredients to dry ingredients and stir just until combined. Do not overmix.
- Lightly spray waffle iron with non-stick cooking spray, then add portions of batter to waffle iron (amount will vary according to manufacturer). Cook until waffles are golden brown and crispy, about 3 – 5 minutes. Repeat with remaining batter.
- Serve and enjoy.

Nutritional analysis per serving: 405 calories, 18 g fat, 11 g protein,  
52 g carbohydrate (46 g available carbohydrate), 6 g fibre, 695 mg sodium  
Plate Portions: 3 grains, 1 protein, 2 fats

## Chocolate Banana Mini Muffins

 12 servings (2 mini muffins per serving)

### Ingredients:

- 3 ripe medium bananas, mashed (about 1½ cups)
- ⅓ cup plain Greek yogurt (2%)
- ½ cup liquid honey
- 2 large eggs
- 2 tsp vanilla
- ½ tsp salt
- 1 tsp cinnamon
- 1 tsp baking soda
- ½ tsp baking powder
- 1 cup whole wheat flour
- ¾ cup chickpea flour
- ¾ cup milk chocolate chips



### Preparation:

- Preheat oven to 375°F. Spray a mini muffin tin with non-stick cooking spray.
- Add mashed bananas, yogurt, eggs, vanilla, salt and cinnamon to a large mixing bowl and whisk well to combine. Sprinkle baking soda and baking powder over mixture and whisk well to incorporate.
- Add whole wheat flour and chickpea flour and stir with a spatula just until combined. Do not overmix.
- Fold in chocolate chips and stir just until combined.
- Spoon 2 tbsp portions of batter into each muffin cup.
- Bake until toothpick inserted in center comes out clean, about 15 – 17 minutes.
- Serve and enjoy.

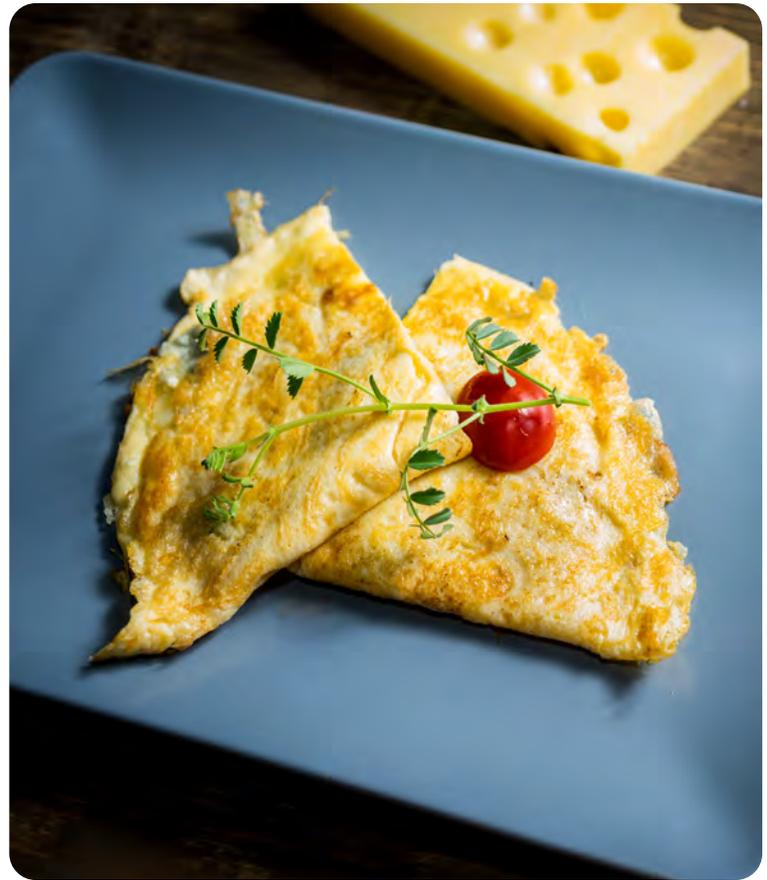
Nutritional analysis per serving: 206 calories, 5 g fat, 6 g protein, 36 g carbohydrate (33 g available carbohydrate), 3 g fibre, 253 mg sodium  
Plate Portions: 2 grains, 1 protein

# Cheese Omelette

 4 servings

## Ingredients:

- 4 large eggs
- 2 tbsp milk (2%)
- 2 tsp canola oil
- ½ cup grated cheddar cheese



stock image

## Preparation:

- In a medium bowl, combine eggs and milk and whisk well until frothy.
- Heat oil in a large non-stick frying pan over medium heat.
- Add eggs to pan and cook without stirring, until eggs begin to set, about 20 seconds. Using a spatula, lift edges of egg mixture towards the centre and tilt pan so that uncooked eggs run underneath.
- Let cook until bottom is set, then gently flip.
- Sprinkle cheese over half of omelette. Using a spatula, lift uncovered half and fold over cheese-covered half.
- Cut omelette into four portions. Serve and enjoy.

Nutritional analysis per serving: 152 calories, 12 g fat, 10 g protein,  
1 g carbohydrate (1 g available carbohydrate), 0 g fibre, 167 mg sodium  
Plate Portions: 1 Protein, 1 Fat

# Blueberry Cocoa Smoothie

 1 serving

## Ingredients:

- 1 cup frozen blueberries
- ½ medium banana
- ½ cup plain Greek yogurt
- 2 tsp unsweetened cocoa powder
- ½ tsp cinnamon
- 1 cup milk (1%)



## Preparation:

- Combine all ingredients in a blender and mix well.
- Serve and Enjoy!

Nutritional analysis per serving: 378 calories, 7 g fat, 23 g protein, 62 g carbohydrate (52 g available carbohydrate), 10 g fibre, 162 mg sodium  
Plate Portions: 2 proteins, 2 fruit, 1 dairy

# Granola

 22 servings (¼ cup per serving)

## Ingredients:

- 4 cups old fashioned large flake oats
- ½ cup chopped pecans
- ½ cup pumpkin seeds
- ¼ cup wheat germ
- 3 tbsp sesame seeds
- ¼ cup liquid honey
- ⅓ cup packed dark brown sugar
- ⅓ cup vegetable oil
- 1 tsp vanilla extract
- ½ tsp salt



stock image

## Preparation:

- Preheat oven to 325 F.
- Add oats, pecans, pumpkin seeds, wheat germ and sesame seeds to a large bowl and stir to combine.
- In a separate bowl, add honey, brown sugar, oil, vanilla and salt and stir well to combine.
- Pour honey mixture over oat mixture and stir well until coated evenly.
- Transfer to a large parchment paper-lined rimmed baking sheet and spread into an even layer.
- Bake until lightly browned, about 25 – 30 minutes, stirring once halfway through baking.
- Allow to cool completely in pan on a rack. Transfer to an airtight container and store at room temperature for up to 2 weeks. Alternatively, granola may be frozen in an airtight container for up to 6 months.
- Serve and enjoy!

### Notes:

Other nuts or seeds (such as sunflower seeds, almonds, walnuts, hemp hearts, etc) may be used instead of the types listed in the recipe. Feel free to substitute as desired, following the same volume amounts in the recipe.

Nutritional analysis per serving: 155 calories, 8 g fat, 4 g protein, 18 g carbohydrate (16 g available carbohydrate), 2 g fibre, 55 mg sodium  
Plate Portions: 1 grain, 1 fat

# Banana Berry Mini Muffins



24 muffins (2 per serving)

## Ingredients:

- 2 cups whole wheat pastry flour
- $\frac{3}{4}$  tsp baking soda
- $\frac{3}{4}$  tsp baking powder
- $\frac{1}{4}$  tsp salt
- 2 medium bananas, mashed
- $\frac{1}{2}$  cup pure maple syrup
- $\frac{1}{3}$  cup plain Greek yogurt (2%)
- 1 large egg
- 1 tbsp vanilla extract
- 1 tbsp butter, melted
- $\frac{1}{2}$  cup milk (skim or 1%)
- $1\frac{1}{2}$  cups frozen small mixed berries, divided



## Preparation:

- Preheat the oven to 350°F.
- Spray a tin of 24 mini muffin cups with non-stick spray.
- In a large bowl, mix together flour, baking soda, baking powder and salt. Set aside.
- In a separate bowl, combine bananas, maple syrup, yogurt, egg, vanilla, and butter. Mix well.
- In batches, alternate adding the flour mixture and milk to the banana mixture. Mix just until combined. Do not over mix. Gently fold in 1 cup frozen berries.
- Pour batter into the muffin tin and top with the remaining  $\frac{1}{2}$  cup frozen berries, dividing equally.
- Bake for 10-15 minutes.
- Allow to cool and enjoy!

Nutritional analysis per serving: 150 calories, 2 g fat, 4 g protein,  
30 g carbohydrate (27 g available carbohydrate), 3 g fibre, 171 mg sodium  
Plate Portions: 2 grains

# Blueberry Breakfast Rolls

 10 servings (1 bun per serving)

## Ingredients:

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 2¼ tsp instant yeast
- 1 tbsp granulated sugar
- ¼ tsp salt
- ½ cup milk or milk alternative (such as almond milk, oat milk or rice milk)
- 1 tbsp unsalted butter, melted
- 1 large egg
- 1 tsp. vanilla extract
- 2 cups blueberries (fresh or frozen)
- 1½ tsp cornstarch
- 1 tbsp cinnamon



## Preparation:

- Add flours, yeast, sugar and salt to a medium mixing bowl and whisk to combine.
- Heat milk in the microwave just until lukewarm to the touch, about 20 – 30 seconds, then stir in the melted butter.
- Add egg and vanilla and whisk to combine.
- Add milk mixture to flour mixture and stir until dough comes together.
- Transfer dough to a lightly floured surface and knead until dough is smooth and elastic, about 3 – 4 minutes. If dough is very sticky, you may knead in more flour 1 tbsp at a time.
- Transfer dough to a lightly oiled bowl, turning to coat.
- Cover with plastic wrap and allow to rise in a warm place until doubled in volume, about 1 hour.
- In a medium bowl, combine blueberries, cornstarch and cinnamon and stir gently to coat. Let sit for 10 minutes.
- Transfer dough to a lightly floured surface and roll out to an 8 x 14-inch rectangle.
- Sprinkle blueberry mixture over dough, pressing blueberries lightly into dough. Starting with the edge closest to you, roll up dough into a tight cylinder, then pinch the seam of the dough closed.
- Cut into 10 equal pieces. Transfer pieces to a greased 9 x 13 inch baking pan, cut sides up.
- Cover pan with plastic wrap and let rise in a warm place until rolls are doubled in size, about 30 – 45 minutes.
- Preheat oven to 350°F.
- Remove plastic wrap from pan and bake until rolls are lightly browned at the edges, about 25 – 30 minutes. Allow to cool in pan on a rack for 5 – 10 minutes, then carefully invert buns from pan onto a rack and allow to cool completely.
- Serve and enjoy.

Nutritional analysis per serving: 138 calories, 2 g fat, 4 g protein, 26 g carbohydrate (23 g available carbohydrate), 3 g fibre, 72 mg sodium  
Plate Portions: 2 grains

## Scrambled Eggs with Tomato

 1 serving

### Ingredients:

- 2 large eggs
- 2 tbsp milk (1%)
- 1 clove minced garlic
- ½ cup diced seeded tomato
- 1 tsp canola oil



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### Preparation:

- In a small bowl whisk together eggs and milk, then stir in garlic and tomato.
- Heat oil in a small non-stick frypan over medium heat. Add egg mixture and cook, stirring gently, just until set.
- Serve and enjoy!

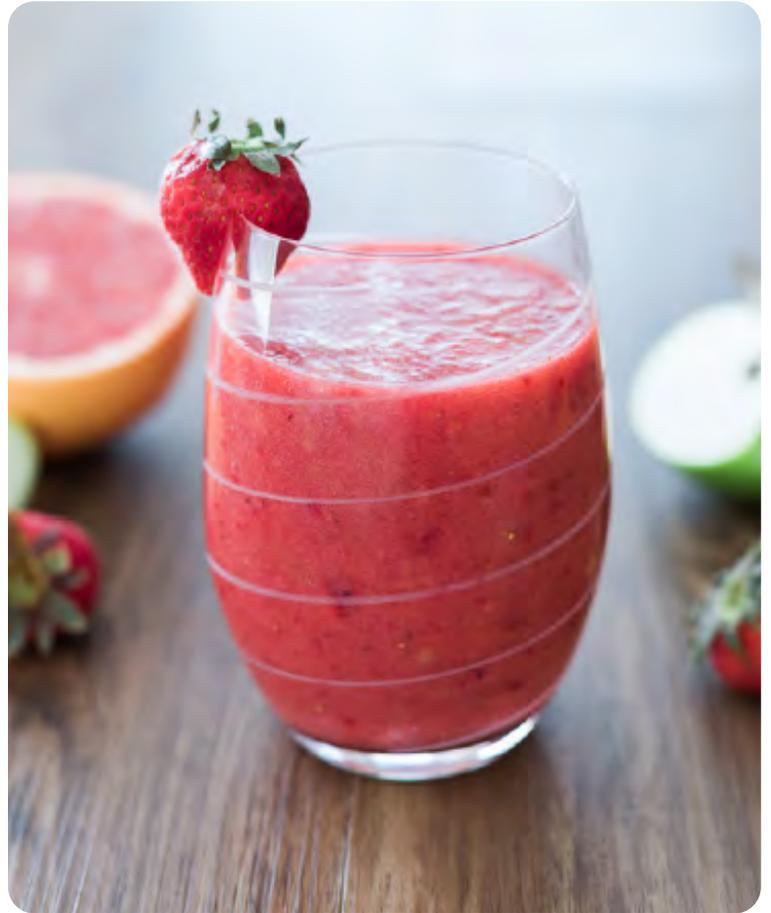
Nutritional analysis per serving: 114 calories, 8 g fat, 7 g protein,  
4 g carbohydrates (3 g available carbohydrate), 1 g fiber, 71 mg sodium  
Plate Portions: 1 protein, 1 fat

## Strawberry Grapefruit Smoothie

 1 serving

### Ingredients:

- ½ grapefruit, peeled and roughly chopped
- 1 cup strawberries, stemmed and halved
- ½ apple, diced
- 1 tsp grated fresh ginger



### Preparation:

- Combine all ingredients in a blender. Purée until smooth.
- Add water to adjust consistency as needed.
- Serve and enjoy!

Nutritional analysis per serving: 155 calories, 1 g fat, 2 g protein,  
39 g carbohydrate (32 g available carbohydrate), 7 g fibre, 3 mg sodium  
Plate Portions: 2 fruit

# Strawberry Toast

 2 servings

## Ingredients:

- 2 slices whole wheat bread, toasted
- 2 tbsp plain cream cheese spread
- ½ cup sliced strawberries



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## Preparation:

- Spread each slice of toast with 1 tbsp cream cheese.
- Top with strawberries, dividing equally.
- Serve and enjoy.

Nutritional analysis per serving: 130 calories, 5 g fat, 5 g protein,  
15 g carbohydrate (13 g available carbohydrate), 2 g fibre, 207 mg sodium  
Plate Portions: 1 grain, 1 fat

# Banana Lentil Muffin

 15 servings

## Ingredients:

- 1/3 cup dry red lentils, rinsed and drained
- 3 ripe bananas, mashed
- 3/4 cup sugar
- 1/2 cup unsweetened applesauce
- 1/2 cup milk (1%)
- 1/4 cup butter, softened
- 2 large eggs
- 1 tsp vanilla
- 3 cups all-purpose flour
- 1 tsp baking soda
- 1 tsp cinnamon



## Preparation:

- Preheat oven to 325°F. Lightly grease a muffin tin or use muffin liners.
- In a small saucepan, combine lentils with 2/3 cup of water. Bring to a boil. Reduce heat, cover and allow to cook for 10 minutes. Once cooked, remove from heat and allow to cool.
- In a bowl, combine bananas, sugar, applesauce, milk, butter, eggs and vanilla and mix well.
- Mash the cooked lentils and add to bowl, mixing well.
- In a separate large bowl, combine the flour, baking soda and cinnamon. Fold the wet ingredients into the dry ingredients, stirring just until combined.
- Fill the muffin tins 3/4 full. Bake until a toothpick inserted in centers comes out clean, about 25 minutes.
- Remove from tins and allow to cool on a rack for 10 minutes. Serve and enjoy!

Nutritional analysis per serving: 216 calories, 4 g fat, 5 g protein,  
40 g carbohydrate (38 g available carbohydrate), 2 g fibre, 98 mg sodium  
Plate Portions: 3 grain

## Loaded Veggie Egg Cups

 4 servings (2 cups per serving)

### Ingredients:

- 1 tsp canola oil
- 1/2 cup sliced mushrooms
- 1/4 cup diced onion
- 3/4 cup broccoli, chopped into small pieces
- 1/2 cup diced bell pepper
- 8 large eggs
- 1 tbsp milk (1%)
- 1 tsp salt
- 1 tsp freshly ground pepper



### Preparation:

- Preheat oven to 375°F.
- Heat oil in a frypan over medium-high heat. Add mushrooms, onions, broccoli, and peppers. Cook until soft and excess moisture is evaporated, about 8 minutes. Remove from heat and allow to cool slightly.
- In a bowl, whisk eggs, milk, salt and pepper.
- Add cooled vegetables to egg mixture and stir to combine.
- Pour mixture into a greased muffin tin, filling each muffin cup no more than 3/4 full.
- Bake until eggs are set, about 17–20 minutes.
- Serve and enjoy!

### Notes:

Can be frozen for up to three months.

Nutritional analysis per serving: 166 calories, 10 g fat, 12 g protein, 4 g carbohydrate (2 g available carbohydrate), 2 g fibre, 156 mg sodium  
Plate Portions: 2 proteins, 1 vegetable

## Pizza Bagel

 2 servings (1/2 bagel per serving)

### Ingredients:

- 1 whole wheat bagel, sliced in half horizontally
- 1/3 cup tomato sauce
- 1/3 cup shredded mozzarella
- 1/4 cup diced red bell pepper



### Preparation:

- Preheat the oven to 425°F.
- Spread tomato sauce over cut sides of bagel, then sprinkle with cheese and peppers.
- Bake until cheese is melted and lightly browned, about 8 – 10 minutes.
- Serve and enjoy.

Nutritional analysis per serving: 206 calories, 5 g fat, 10 g protein,  
32 g carbohydrate (29 g available carbohydrate), 3 g fibre, 507 mg sodium  
Plate Portions: 2 grain, 1 protein, 1 fat

# Chocolate Strawberry Oatmeal Bars

 12 servings (1 square per serving)

## Ingredients:

### Baked oatmeal:

- 1 cup frozen raspberries, microwaved to soften for about 45-60 seconds
- 4 small-medium ripe bananas, peeled
- 1 cup low fat plain Greek yogurt
- 3 tbsp unsweetened cocoa powder
- 3 large eggs
- ½ tsp salt

- 2 tsp vanilla extract
- 1 cup unsweetened shredded coconut
- 2⅓ cups quick oats, or old-fashioned oats
- ½ tsp baking soda
- 1½ tsp baking powder

### Topping:

- ½ cup frozen raspberries
- ⅓ cup dark chocolate chips



## Preparation:

- Preheat oven to 400°F. Add the first 7 ingredients (frozen raspberries to vanilla) to a high-powered blender and blend until smooth.
- Transfer to a bowl and add shredded coconut and oats. Stir to combine.
- Let mixture sit for about 20-30 minutes at room temperature to allow oats to absorb the liquid – this will produce a smooth texture after baked.
- Pour mixture back into blender and add baking soda and baking powder. Blend until smooth.
- Transfer mixture to a greased 9 x 13 inch baking pan and top with more frozen raspberries and dark chocolate chips.
- Bake for about 30 minutes until cooked through (until the center is set). Let cool in pan on a rack. Slice into 12 squares and wrap individually. Place wrapped oatmeal squares in a plastic bag and freeze for later breakfast portions. (Leave a few squares in the fridge for the week!)

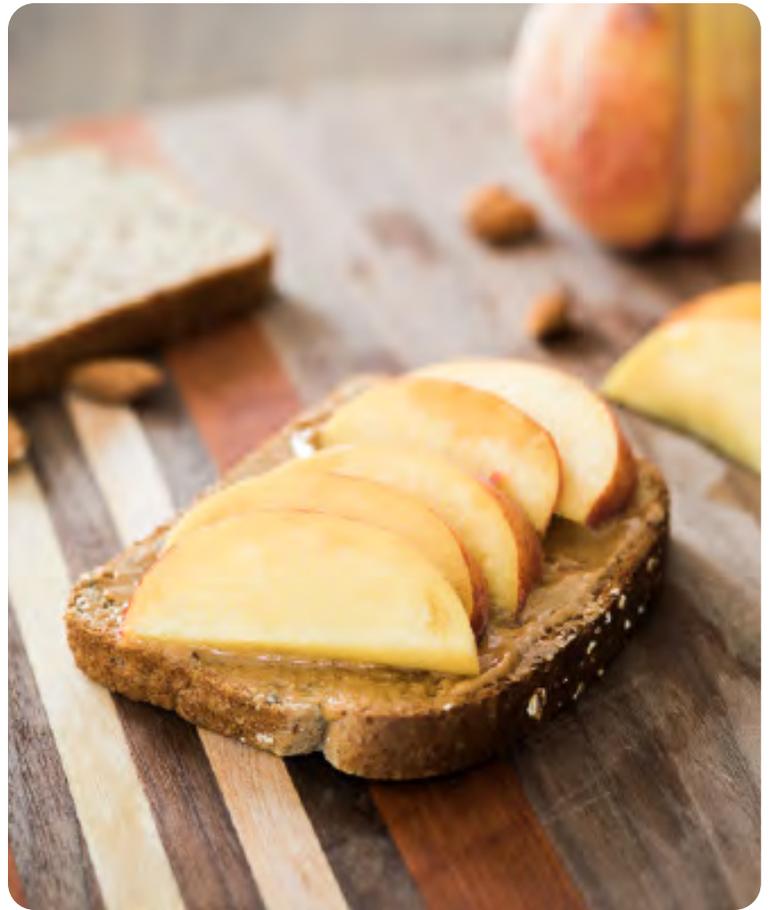
Nutritional analysis per serving: 205 calories, 9 g fat, 7 g protein, 27 g carbohydrate (21 g available carbohydrate), 6 g fibre, 244 mg sodium  
Plate Portions: 1 grain, 1 protein, 1 fruit, 1 fat

## Peach Toast

 1 serving

### Ingredients:

- 1 slice whole grain bread, toasted
- 2 tbsp almond butter, or nut butter of choice
- 1 peach, sliced



### Preparation:

- Spread toast with almond butter or nut butter of choice.
- Top with peach slices. Serve any extra peach slices on the side. Serve and enjoy!

Nutritional analysis per serving: 320 calories, 19 g fat, 11 g protein,  
32 g carbohydrate (25 g available carbohydrate), 7 g fibre, 102 mg sodium  
Plate Portions: 1 grain, 1 protein, 1 fruit, 1 fat

## Berry Zucchini Oatmeal Muffins

 12 servings (1 muffin per serving)

### Ingredients:

- 2 cups whole wheat flour
- ½ cup packed brown sugar
- ½ cup large flake oats
- 1 tbsp ground flaxseed
- 2 tsp baking powder
- 2 tsp cinnamon
- ½ tsp salt
- ¼ cup unsweetened apple sauce
- 1 cup milk (2%)
- 2 tbsp melted butter
- 2 large eggs
- 1 cup grated zucchini, excess water removed
- 1 cup frozen berries



### Preparation:

- Preheat oven to 375°F.
- Combine flour, sugar, oats, flaxseed, baking powder, cinnamon, and salt in a bowl and mix well.
- In a separate bowl, combine applesauce, milk, melted butter, eggs and zucchini and mix well.
- Add wet ingredients to dry ingredients and mix just until combined.
- Gently fold in berries.
- Pour into a paper-lined muffin tin and bake for 25-30 minutes.
- Serve and enjoy!

Nutritional analysis per serving: 170 calories, 4 g fat, 5 g protein,  
30 g carbohydrate (27 g available carbohydrate), 3 g fibre, 118 mg sodium  
Plate Portions: 2 grains

## Breakfast Quesadilla

 1 serving

### Ingredients:

- 1 tsp canola oil
- 1 large egg
- 1½ tbsp shredded cheddar cheese
- 1 whole wheat tortilla (8 inch)



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### Preparation:

- Preheat oven to 350°F
- Heat oil in a small nonstick frying pan over medium heat.
- Whisk egg in a small bowl, then add to pan and cook, stirring, until almost fully set, about 30 seconds.
- Add cheese and fold in gently until melted, about 20 seconds. Remove from heat.
- Spoon egg mixture over half of tortilla, then fold tortilla over to enclose. Transfer to a baking sheet.
- Bake until tortilla is lightly browned at the edges, about 7 – 10 minutes, flipping halfway through baking time.
- Serve and enjoy.

Nutritional analysis per serving: 293 calories, 16 g fat, 13 g protein,  
25 g carbohydrate (21 g available carbohydrate), 4 g fibre, 447 mg sodium  
Plate Portions: 1 grain, 2 proteins, 1 fat

# Strawberry Breakfast Rolls

 10 servings (1 bun per serving)

## Ingredients:

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 2¼ tsp instant yeast
- 1 tbsp granulated sugar
- ¼ tsp salt
- ½ cup milk or milk alternative (such as almond milk, oat milk or rice milk)
- 1 tbsp unsalted butter, melted
- 1 large egg
- 1 tsp. vanilla extract
- 2 cups thinly sliced strawberries (fresh or frozen)
- 1½ tsp cornstarch
- 1 tbsp cinnamon



## Preparation:

- Add flours, yeast, sugar and salt to a medium mixing bowl and whisk to combine.
- Heat milk in the microwave just until lukewarm to the touch, about 20 – 30 seconds, then stir in the melted butter.
- Add egg and vanilla and whisk to combine.
- Add milk mixture to flour mixture and stir until dough comes together.
- Transfer dough to a lightly floured surface and knead until dough is smooth and elastic, about 3 – 4 minutes. If dough is very sticky, you may knead in more flour 1 tbsp at a time.
- Transfer dough to a lightly oiled bowl, turning to coat. Cover with plastic wrap and allow to rise in a warm place until doubled in volume, about 1 hour.
- In a medium bowl, combine strawberries, cornstarch and cinnamon and stir gently to coat. Let sit for 10 minutes.
- Transfer dough to a lightly floured surface and roll out to an 8 x 14-inch rectangle.
- Sprinkle strawberry mixture over dough, pressing strawberries lightly into dough. Starting with the edge closest to you, roll up dough into a tight cylinder, then pinch the seam of the dough closed.
- Cut into 10 equal pieces. Transfer pieces to a greased 9 x 13 inch baking pan, cut sides up.
- Cover pan with plastic wrap and let rise in a warm place until rolls are doubled in size, about 30 – 45 minutes.
- Preheat oven to 350°F.
- Remove plastic wrap from pan and bake until rolls are lightly browned at the edges, about 25 – 30 minutes. Allow to cool in pan on a rack for 5 – 10 minutes, then carefully invert buns from pan onto a rack and allow to cool completely.
- Serve and enjoy.

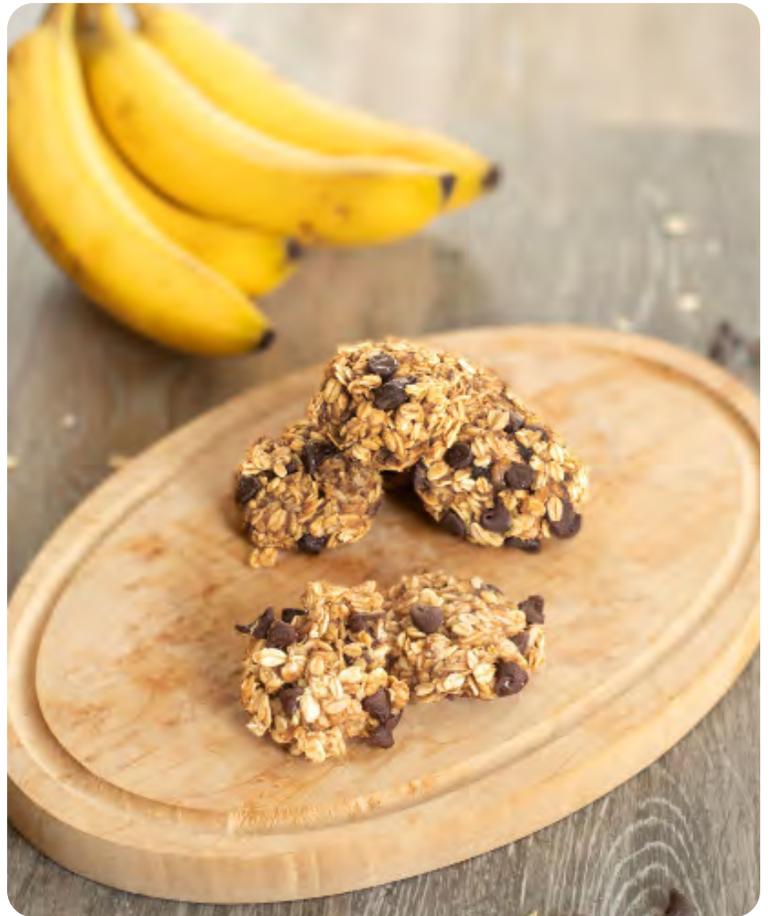
Nutritional analysis per serving: 132 calories, 2 g fat, 4 g protein, 24 g carbohydrate (21 g available carbohydrate), 3 g fibre, 72 mg sodium  
Plate Portions: 1 grain

## Banana Oat Breakfast Cookies

 12 servings (2 cookies per serving)

### Ingredients:

- 2 cups quick-cooking oats
- 1 tsp cinnamon
- ¼ tsp salt
- ½ cup sunflower seed butter
- 1 tsp vanilla extract
- 3 ripe medium bananas, mashed (about 1½ cups)
- ¼ cup milk chocolate chips



### Preparation:

- Preheat oven to 350°F.
- Add all ingredients to a medium bowl and stir well to combine.
- Spoon 1½ tbsp portions of batter onto a parchment paper-lined baking sheets, allowing 2 –3 inches of space between each portion of batter.
- Bake until edges are set but centers are still slightly soft, about 10 minutes.
- Serve and enjoy.

Nutritional analysis per serving: 165 calories, 8 g fat, 4 g protein,  
21 g carbohydrate (18 g available carbohydrate), 3 g fibre, 53 mg sodium  
Plate Portions: 1 grain, 1 fat

## Southwest Egg Muffins

 12 servings (1 egg muffin per serving)

### Ingredients:

- 12 large eggs
- 1 cup diced bell peppers
- ½ cup chopped onion
- 1 tsp chili powder
- 1 tsp ground cumin
- ½ tsp garlic powder
- ½ cup cheddar cheese, shredded
- ¼ tsp freshly ground pepper



### Preparation:

- Preheat oven to 350°F.
- In a medium bowl, beat the eggs. Add peppers, onion, chili powder, cumin, garlic powder, cheese and pepper and stir to combine.
- Pour mixture into greased or paper-lined muffin cups. Sprinkle with more cheese if desired.
- Bake until a knife inserted into the center of a muffin/omelette comes out almost clean, about 18 - 20 minutes. Note: The eggs will continue to cook for a minute or two after removed from the oven.
- Remove from the muffin cups and serve, or let cool completely and store for another day.

Nutritional analysis per serving: 103 calories, 7 g fat, 8 g protein,  
3 g carbohydrate (2 g of available carbohydrate), 1 g fiber, 105 mg sodium  
Plate Portions: 1 protein

# French Toast with Apple Blueberry Sauce

 4 servings (2 pieces per serving)

## Ingredients:

### Apple Blueberry Sauce:

- 1 Granny Smith apple, cored and chopped
- 1 tbsp orange juice
- ½ cup fresh or frozen blueberries
- 1 tsp cinnamon
- ¾ cup milk
- ½ tsp vanilla
- Pinch of salt
- 2 tsp butter, divided
- 8 slices whole wheat bread, divided

### French Toast

- 2 large egg whites
- 1 large egg



## Preparation:

### Apple Blueberry Compote:

- Combine apples and orange juice in a pot over medium heat. Bring to a simmer and cook until apples are soft, about 5 minutes.
- Add blueberries and continue cooking for 2 minutes. Remove from heat and set aside.

### French Toast:

- Whisk together egg whites, egg, milk, vanilla and salt in a medium bowl.
- Melt 1 tsp butter in a pan over medium-high heat.
- Dip 4 slices bread into the egg mixture, turning to coat both sides.
- Place bread in pan and cook for 3 - 5 minutes per side or until golden brown. Repeat with remaining bread slices. Transfer to serving plates.
- Drizzle compote over French toast and sprinkle with cinnamon.
- Serve and enjoy!

Nutritional analysis per serving: 232 calories, 6 g fat, 12 g protein, 34 g carbohydrate (29 g available carbohydrate), 5 g fibre, 342 mg sodium  
Plate Portions: 2 grains, 1 protein, 1 fat

# Tofu Bean Burritos

 8 servings (1/2 burrito per serving)

## Ingredients:

- 1 block (500 g/18 oz) firm tofu
- 1 tbsp nutritional yeast
- ¼ tsp turmeric
- 1 tsp garlic powder
- 1 tsp onion powder
- ¼ tsp salt
- ½ cup canned black beans, drained and rinsed
- 1 ripe avocado, halved, pitted and diced (about 1 cup)
- ¼ cup mild salsa
- 4 whole wheat tortillas (8 inch)
- 1 tsp canola oil



## Preparation:

- Place tofu between 2 layers of paper towels (or a clean tea towel) and press excess moisture from tofu by placing a heavy skillet on top of tofu. Let stand for 15 minutes, then break tofu into large pieces.
- Add tofu, nutritional yeast, turmeric, garlic powder, onion powder and salt in a food processor and pulse until tofu is coarsely chopped and crumbly.
- Spoon tofu, beans, avocado and salsa down center of tortillas. Fold sides of tortilla over filling, then fold up bottom of tortilla and roll to enclose.
- Heat oil in a medium frying pan over medium heat. Add burritos to pan, seam side down, and cook until browned and slightly crisp, about 2 minutes per side.
- Serve and enjoy.

Nutritional analysis per serving: 216 calories, 11 g fat, 15 g protein, 20 g carbohydrate (14 g available carbohydrate), 6 g fibre, 351 mg sodium  
Plate Portions: 1 grain, 2 protein, 1 fat

## Speckled Frog Waffle (Whole Weat Zucchini Waffles)

 10 servings (1 waffle per serving)

### Ingredients:

- 2 cups shredded zucchini (with water squeezed out)
- 1 tbsp canola oil
- ½ cup nonfat plain Greek yogurt
- ⅓ cup large egg whites
- 1 tsp vanilla
- ¼ cups water
- 1½ cups whole wheat flour (can substitute with gluten-free flour)
- ¼ cups raw brown sugar
- ½ tsp salt
- 1 tsp cinnamon
- 1 tbsp baking powder



### Preparation:

- In a large bowl, combine zucchini, oil, yogurt, egg whites, vanilla and water.
- In a separate large bowl, whisk together flour, brown sugar, salt, cinnamon and baking powder.
- Add dry ingredients to wet ingredients and mix until combined.
- Cook in a preheated greased waffle iron according to manufacturer's directions, using about ½ cup batter per waffle.
- Serve warm and enjoy!

Nutritional analysis per serving: 105 calories, 2 g fat, 5 g protein, 19 g carbohydrate, (17 g available carbohydrate) 2 g fibre, 247 mg sodium  
Plate Portions: 1 grain, 1 protein

## Ogre Smoothie (Green Mango Smoothie)

 1 serving

### Ingredients:

- 1 cup spinach
- $\frac{3}{4}$  cup mango, fresh or frozen
- $\frac{1}{2}$  cup green grapes
- $\frac{1}{2}$  cup plain Greek yogurt (0%)
- $\frac{1}{4}$  cup water
- 1 tbsp lime juice



### Preparation:

- Combine all ingredients in a blender. Purée until smooth.
- Serve and enjoy!

Nutritional analysis per serving: 189 calories, 1 g fat, 14 g protein,  
36 g carbohydrate (32 g available carbohydrate), 4 g fibre, 99 mg sodium  
Plate Portions: 2 proteins, 1 vegetable, 2 fruits

# Baked Pumpkin Oatmeal

 12 servings (1/2 cupper serving)

## Ingredients:

- 1 apple, cored and cut into small chunks
- 1 1/2 cups of milk (1%)
- 3 1/2 cups old-fashioned (rolled) oats
- 1 1/2 cups canned pure pumpkin
- 2 large eggs
- 2 tbsp butter, melted
- 2 tsp vanilla
- 1 tbsp cinnamon
- 2 tsp baking powder
- 1 tsp ground ginger
- 1/2 tsp ground nutmeg
- 1/2 tsp ground allspice
- 1/4 tsp salt
- 2 tbsp brown sugar
- 1 cup vanilla Greek Yogurt (2%), optional



## Preparation:

- Preheat oven to 350°F.
- Blend apple with milk in blender until smooth.
- Transfer mixture to a large bowl. Add oats, pumpkin, eggs, butter, vanilla, cinnamon, baking powder, ginger, nutmeg, allspice, and salt. Stir to combine.
- Spread mixture into a greased 9 x 13 inch pan. Sprinkle evenly with brown sugar and bake for 20-25 minutes.
- Serve warm. Top each serving with a generous tablespoon of vanilla Greek yogurt.

Nutritional analysis per serving (with Greek yogurt): 178 calories, 5 g fat, 7 g protein, 27 g carbohydrate (23 g available carbohydrate), 4 g fibre, 165 mg sodium  
Plate Portions: 2 grains, 1 protein

## Pumpkin Muffins

 12 servings (1 muffin per serving)

### Ingredients:

- 1 cup all-purpose flour (or gluten-free flour blend)
- ½ cup oat bran
- ⅓ cup whey protein isolate or vegan protein powder
- 1 tsp baking powder
- ½ tsp baking soda
- 1½ tsp cinnamon
- ¼ tsp ground allspice
- ¼ tsp ground nutmeg
- ¼ tsp ground cloves
- ¾ cup canned unsweetened pumpkin purée
- ¾ cup unsweetened applesauce
- ¾ cup milk (1%)
- ½ cup egg whites
- 1 tsp vanilla extract
- ¼ cup toasted pumpkin seeds
- ¼ cup semisweet chocolate chips



### Preparation:

- Preheat oven to 375°F.
- In a medium bowl, whisk together flour, oat bran, protein powder, baking powder, baking soda, cinnamon, allspice, nutmeg and cloves. Set aside.
- In a large bowl, whisk together pumpkin purée, applesauce, milk, egg whites and vanilla until smooth.
- Add pumpkin mixture to flour mixture and stir until just combined. Fold in pumpkin seeds and chocolate chips. Set aside and let batter sit two minutes to thicken.
- Spoon batter into greased or paper-lined muffin cups and bake until toothpick inserted into center comes out clean, about 18 - 23 minutes.
- Allow muffins to cool in pan for 10 minutes, then remove muffins from tin and place on wire rack to cool completely. Enjoy!

Nutritional analysis per serving: 116 calories, 3 g fat, 7 g protein, 18 g carbohydrate (16 g available carbohydrate), 2 g fibre, 117 mg sodium  
Plate Portions: 1 grain, 1 protein

## Mini Breakfast Pizzas

 2 servings (1 mini pizza per serving)

### Ingredients:

- 2 large eggs
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried oregano
- 1 tsp canola oil
- 2 tbsp diced fresh tomato
- 1 whole wheat English muffin, cut in half horizontally
- 2 oz. grated mozzarella cheese (about 2 tbsp)



### Preparation:

- Preheat oven to 400°F.
- In a small bowl, whisk together eggs, garlic powder, onion powder and oregano. Set aside.
- Heat oil in a small non-stick fry pan over medium-low heat. Add eggs and cook without stirring just until eggs begin to set, about 30 seconds.
- Continue cooking, stirring gently with a spatula until eggs are almost completely cooked. Fold in tomato and cook until eggs are fully set, about 20 more seconds.
- Spoon egg mixture over cut sides of English muffin, dividing equally.
- Top each with 1 tbsp cheese. Transfer to a baking sheet and bake until cheese is melted and bubbly, about 8 – 10 minutes.
- Serve and enjoy.

Nutritional analysis per serving: 256 calories, 15 g fat, 16 g protein,  
16 g carbohydrate (13 g available carbohydrate), 3 g fibre, 394 mg sodium  
Plate Portions: 1 grain, 2 proteins, 1 fat

## Whole Wheat Waffles

 4 servings (1 waffle per serving)

### Ingredients:

- 1 cup whole wheat flour
- 1 tsp cinnamon
- 1 tsp baking powder
- ½ tsp baking soda
- Dash of salt
- 1 cup milk (1%)
- 1 tsp vanilla extract
- 2 large eggs
- 2 tsp honey
- Canola oil or non-stick cooking spray (for waffle iron)



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### Preparation:

- In a large bowl, whisk together flour, cinnamon, baking powder, baking soda and salt.
- In a separate bowl, combine milk, vanilla, eggs and honey. Whisk to combine.
- Add liquid ingredients to dry ingredients. Mix just until combined.
- Cook in a preheated greased waffle iron according to manufacturer's directions.
- Serve and enjoy!

Nutritional analysis per serving: 105 calories, 2 g fat, 5 g protein,  
19 g carbohydrate, (17 g available carbohydrate) 2 g fibre, 247 mg sodium  
Plate Portions: 1 grain, 1 protein

# Banana Almond Roll-Up

 1 serving

## Ingredients:

- 1 (6 inch) whole grain tortilla
- 2 tbsp natural almond butter
- Dash of cinnamon
- 1 medium banana, relatively straight



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## Preparation:

- Evenly spread 2-4 tbsp almond butter (a good source of protein and vitamin E) on tortilla. Sprinkle evenly with cinnamon.
- Straighten banana and place towards one side of the tortilla. Roll up and set in the fridge for the next day, or eat immediately!

Nutritional analysis per serving: 381 calories, 19 g fat, 11 g protein,  
50 g carbohydrate (41 g available carbohydrate), 9 g fibre, 201 mg sodium  
Plate Portions: 1 grain, 1 protein, 2 fruit, 1 fat

# Chocolate Raspberry Oatmeal Bars

 12 servings (1 square per serving)

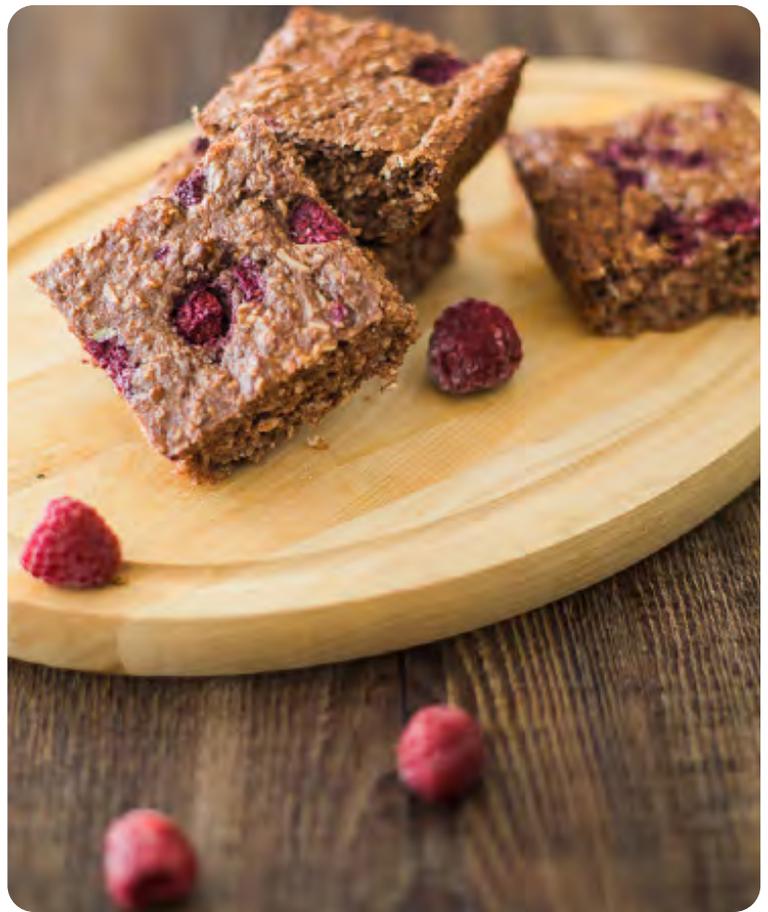
## Ingredients:

### Baked oatmeal:

- 1 cup frozen raspberries, microwaved to soften for about 45-60 seconds
- 4 small-medium ripe bananas, peeled
- 1 cup low fat plain Greek yogurt
- 3 tbsp unsweetened cocoa powder
- 3 large eggs
- ½ tsp salt
- 2 tsp vanilla extract
- 1 cup unsweetened shredded coconut
- 2⅓ cups quick oats, or old-fashioned oats
- ½ tsp baking soda
- 1½ tsp baking powder

### Topping:

- ½ cup frozen raspberries
- ⅓ cup dark chocolate chips



## Preparation:

- Preheat oven to 400°F. Add the first 7 ingredients (frozen raspberries to vanilla) to a high-powered blender and blend until smooth.
- Transfer to a bowl and add shredded coconut and oats. Stir to combine.
- Let mixture sit for about 20-30 minutes at room temperature to allow oats to absorb the liquid – this will produce a smooth texture after baked.
- Pour mixture back into blender and add baking soda and baking powder. Blend until smooth.
- Transfer mixture to a greased 9 x 13 inch baking pan and top with more frozen raspberries and dark chocolate chips.
- Bake for about 30 minutes until cooked through (until the center is set). Let cool in pan on a rack. Slice into 12 squares and wrap individually. Place wrapped oatmeal squares in a plastic bag and freeze for later breakfast portions. (Leave a few squares in the fridge for the week!)

### Notes:

These bars do great in the freezer. Make a large batch and freeze them for a later day.

Nutritional analysis per serving: 205 calories, 9 g fat, 7 g protein, 27 g carbohydrate (21 g available carbohydrate), 6 g fibre, 244 mg sodium  
Plate Portions: 1 grain, 1 protein, 1 fruit, 1 fat

# Blueberry Banana Pancakes

 2 servings (2 pancakes per serving)

## Ingredients:

- ¼ cup plain Greek yogurt
- ½ ripe banana
- ½ cup rolled oats
- 1 large egg
- 2 tbsp milk (1%)
- ½ tsp baking powder
- 1 tsp vanilla
- ¼ cup blueberries
- Canola oil, for cooking



## Preparation:

- Combine all ingredients except blueberries in a blender or food processor and blend until smooth.
- Gently stir in blueberries.
- Heat 1 tsp canola oil in a large fry pan or griddle over medium heat. Pour 3 tbsp of batter on to fry pan.
- Cook until golden brown and cooked through, about 3–5 minutes per each side.
- Serve and enjoy!

Nutritional analysis per serving: 180 calories, 5 g fat, 9 g protein,  
26 g carbohydrate (23 g available carbohydrate), 3 g fibre, 170 mg sodium  
Plate Portions: 1 grain, 1 protein, 1 fruit

# Apple Cinnamon Buns

 12 servings (1 bun per serving)

## Ingredients:

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 2 ¼ tsp instant yeast
- 1 tbsp sugar
- ¼ tsp salt
- ½ cup milk alternative (such as almond milk)
- 1 tbsp butter, melted
- 1 tsp vanilla extract
- 1 large egg
- 2 cups Granny Smith apples, peeled, cored and chopped (about 2 medium apples)
- 2 tbsp packed brown sugar
- 1½ tsp cornstarch
- 1 tbsp cinnamon



## Preparation:

- In a medium mixing bowl, combine flour, yeast, sugar and salt and whisk to combine.
- Microwave milk for 30 seconds, then add the melted butter and stir to combine. If needed, set mixture aside and let cool until just warm to the touch.
- Add vanilla and egg to milk mixture and whisk well to combine.
- Add wet ingredients to dry ingredients and stir until no flour remains and mixture forms a soft dough.
- Transfer dough to a lightly floured surface and knead until dough is smooth and elastic, about 3 – 5 minutes.
- Transfer dough to a lightly greased bowl and cover with plastic wrap. Let rest in a warm place until dough has doubled in volume, about 1 – 1 ½ hours.
- In a small bowl, combine apples, cornstarch, brown sugar and cinnamon. Stir to coat, and set aside for 10 minutes.
- Transfer dough to a lightly floured surface and roll into an 8 x 14 inch rectangle, with the long side facing you.
- Sprinkle apple mixture over the dough in an even layer. Starting with the edge nearest you, roll dough into a tight cylinder, then pinch the seam of the dough closed. Cut into 12 equal pieces.
- Lightly grease a 9 x 13 inch baking pan and line bottom with parchment paper. Transfer rolls to pan, cut sides up.
- Cover pan with plastic wrap and let rise in a warm place until rolls are doubled in size, about 30 – 45 minutes.
- Preheat oven to 350°F.
- Remove plastic wrap from pan and bake until rolls are lightly browned at the edges, about 25 – 30 minutes. Allow to cool in pan on a rack for 5 – 10 minutes, then carefully invert buns from pan onto a rack and allow to cool completely.
- Serve and enjoy.

Nutritional analysis per serving: 123 calories, 2 g fat, 4 g protein,  
24 g carbohydrate (21 g available carbohydrate), 3 g fibre, 70 mg sodium  
Plate Portions: 1 grain

## Breakfast Egg Wrap

 1 serving

### Ingredients:

- 1 tsp canola oil
- 1 large egg
- 1 tsp milk (2%)
- 1/8 tsp salt
- 1 whole wheat tortilla (6 inch)



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### Preparation:

- Heat oil in a small non-stick frying pan over medium heat.
- Whisk egg and milk together in a small bowl, then add to pan. Cook, without stirring, until egg is almost set, about 30 seconds.
- Using a spatula, carefully flip egg and allow to cook just until set, about 30 seconds. Remove from heat.
- Slide egg out of pan onto tortilla, then roll up tightly.
- Serve and enjoy.

Nutritional analysis per serving: 198 calories, 2g fat, 9g protein,  
15 g carbohydrate (13 g available carbohydrate), 2 g fibre, 292 mg sodium  
Plate Portions: 1 grain, 1 protein, 2 fats

## Sunflower Seed Waffles

 6 servings (1 waffle per serving)

### Ingredients:

- 1 cup whole wheat flour
- 1 cup rolled oats
- 1 tbsp baking powder
- 1 tsp cinnamon
- 2 tbsp sunflower seeds
- ¼ tsp salt
- 2 ripe medium bananas
- 3 tbsp canola oil
- ¾ cup milk (1%)
- 2 large eggs
- 2 tsp vanilla



### Preparation:

- In a large bowl, combine flour, oats, baking powder, cinnamon, sunflower seeds and salt. Whisk to combine.
- In a blender, combine bananas, oil, milk, eggs and vanilla. Purée until smooth.
- Add banana mixture to flour mixture and stir just until combined.
- Cook in a waffle iron according to manufacturer's instructions.
- Serve with a dollop of Greek yogurt and enjoy!

Nutritional analysis per serving: 249 calories, 7 g fat, 9 g protein,  
38 g carbohydrate (32 g available carbohydrate), 6 g fibre, 221 mg sodium  
Plate Portions: 2 grains, 1 fat

# Gingerbread Pancakes

 10 servings (1 pancake per serving)

## Ingredients:

- 1¼ cups all purpose flour
- ¼ cup wheat germ
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp cinnamon
- ¾ tsp ground ginger
- ½ tsp cloves
- ½ tsp nutmeg
- 2 tbsp brown sugar
- 1 tbsp molasses
- 1 tbsp maple syrup
- 2 large eggs
- 2 tbsp canola oil
- 1 cup milk (1%)
- Optional: Top with vanilla Greek yogurt, maple syrup and cinnamon.



## Preparation:

- In a medium bowl, whisk together flour, wheat germ, baking powder, baking soda, cinnamon, ginger, cloves and nutmeg.
- In a separate large bowl, combine brown sugar, molasses, maple syrup, eggs, oil and milk.
- Add dry ingredients to wet ingredients and stir just until combined. Do not over mix. Batter will be slightly lumpy.
- Heat a pancake griddle or large fry pan over medium heat. Lightly grease griddle. Pour ¼ cup portions of batter onto griddle. Cook until golden brown, 1-2 minutes per side. Adjust heat setting as needed if pancakes brown too quickly.
- Top with Greek yogurt, maple syrup and a sprinkle of cinnamon to serve!

Nutritional analysis per serving (without toppings): 132 calories, 4 g fat, 4 g protein, 19 g carbohydrate (18 g available carbohydrate), 1 g fibre, 134 mg sodium  
Plate Portions: 1 grain, 1 fat

## Citrus Hemp Heart Muffin

 20 servings (1 muffin per serving)

### Ingredients:

- 1¼ cups whole wheat flour
- ¾ cup all-purpose flour
- ⅓ cup hemp hearts
- 1 tsp baking powder
- 1 tsp baking soda
- ¼ tsp salt
- ½ cup maple syrup
- 1 cup vanilla Greek yogurt
- 2 large eggs, beaten
- 2 tsp vanilla
- 2 tbsp grated orange zest
- 1 tsp grated lemon zest
- ½ cup olive oil
- 6 tbsp orange juice
- 2 tbsp lemon juice
- Hemp hearts, for garnish



### Preparation:

- Preheat the oven to 350°F and line a muffin tin with paper liners.
- In a large bowl, combine the flours, hemp hearts, baking powder, baking soda and salt. Whisk until combined.
- In a medium bowl, combine the maple syrup, yogurt, eggs, vanilla, orange zest, lemon zest, olive oil, orange juice and lemon juice and whisk together until smooth. Pour the mixture into the dry ingredients and mix with a whisk and/or rubber spatula until fully combined (don't over-mix the batter).
- Divide the batter evenly among the muffin tins, filling each muffin cup no more than ¾ full. Sprinkle each muffin with the extra hemp hearts and bake until the edges are golden brown and a toothpick inserted into the center comes out clean, 20-25 minutes. Remove from the oven and cool before serving. These freeze well in a sealed container or plastic bag for up to 1 month.

Nutritional analysis per serving): 152 calories, 8 g fat, 4 g protein,  
17 g carbohydrate (16 g available carbohydrate), 1 g fibre, 128 mg sodium  
Plate Portions: 1 grain, 1 fat

## Egg Roll-Up

 1 serving

### Ingredients:

- 1 tsp canola oil
- 1 large egg
- 2 tsp milk (2%)
- 1 tbsp grated cheddar cheese



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### Preparation:

- Heat oil in a small non-stick frying pan over medium heat.
- Whisk egg and milk together in a small bowl, then add to pan. Cook, without stirring, until egg is almost set, about 30 seconds.
- Sprinkle evenly with cheese, then remove from heat. Cover and let sit until cheese is melted and eggs are fully set, about 1 – 2 minutes.
- Loosen edges of egg from pan using a rubber spatula, then carefully slide egg onto a plate. Roll up to form a cylinder.
- Serve and enjoy.

Nutritional analysis per serving: 145 calories, 12 g fat, 8 g protein,  
1 g carbohydrate (1 g available carbohydrate), 0 g fibre, 122 mg sodium  
Plate Portions: 1 protein, 2 fats

## Blueberry Breakfast Cookies

 16 servings (1 cookie per serving)

### Ingredients:

- 2 medium ripe bananas, mashed
- 1 cup natural nut butter
- 1/3 cup honey
- 1 tsp vanilla
- 2½ cups large-flake rolled oats
- 2 tsp cinnamon
- ½ tsp salt
- 1 cup fresh blueberries
- ½ cup chopped pecans



### Preparation:

- Preheat oven to 325°F.
- Combine bananas, nut butter, honey and vanilla in a medium bowl and mix well.
- Add oats, cinnamon and salt and mix well.
- Gently fold in the blueberries and pecans.
- Form dough into 16 balls and place on parchment paper lined baking sheets, with 8 placed on each baking sheet. Shape the cookies into the size and shape you want.
- Bake for 15-20 minutes.
- Serve and enjoy!

Nutritional analysis per serving): 230 calories, 12 g fat, 6 g protein,  
27 g carbohydrate (23 g available carbohydrate), 4 g fibre, 14 mg sodium  
Plate Portions: 2 grains, 1 protein, 1 fat

THE SEED  
DAYCARE & OSC



# LUNCH

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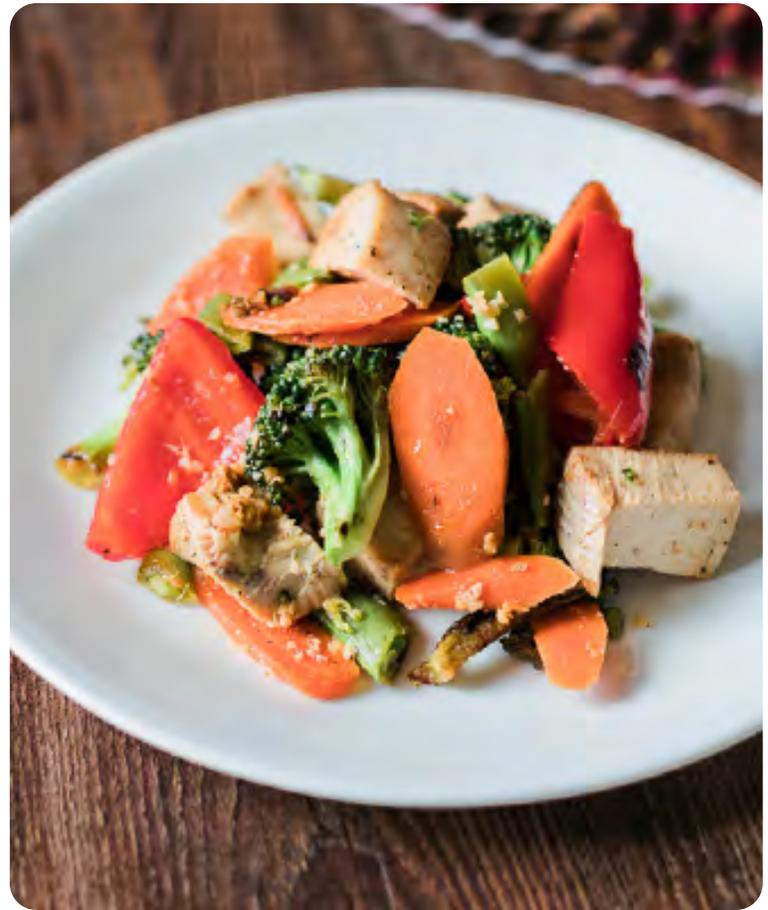
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# Chicken Teriyaki Stir-Fry

 4 servings (1  $\frac{3}{4}$  cups per serving)

## Ingredients:

- 1 tsp canola oil
- 2 boneless skinless chicken breasts, cut into bite-sized pieces
- 1 cup broccoli florets
- 1 cup chopped red bell pepper
- 1 cup sliced carrots
- 1 cup sugar snap peas, halved
- 3 tbsp low sodium soy sauce
- 1 clove minced garlic
- 1 tsp minced fresh ginger
- 2 tbsp honey
- 1 tbsp water
- 1 tsp cornstarch



## Preparation:

- Heat oil in a large fry pan over medium-high heat.
- Add chicken and cook, stirring occasionally, until cooked through, about 8 – 10 minutes.
- Add broccoli, peppers, carrots and snap peas. Cook until vegetables are slightly softened, about 5 minutes.
- Meanwhile, whisk together soy sauce, garlic, ginger, honey, water and cornstarch in a small bowl.
- Add soy sauce mixture to pan and cook, stirring, until sauce is thickened slightly, about 2 – 3 minutes.
- Serve and enjoy!

Nutritional analysis per serving: 205 calories, 5 g fat, 25 g protein, 15 g carbohydrate (11 g available carbohydrate), 4 g fibre, 529 mg sodium  
Plate Portions: 1 grain, 3 proteins, 2 vegetable

## Hummus and Turkey Wraps



4 servings (1 wrap per serving)

### Ingredients:

- 8 tbsp hummus
- 4 whole wheat tortillas (8 inch)
- 100 g sliced deli turkey
- 1 cup sliced cucumbers



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### Preparation:

- Spread 2 tbsp hummus over each tortilla.
- Arrange slices of turkey and cucumbers down the center of tortillas, then roll up tightly to enclose.
- Serve and enjoy.

Nutritional analysis per serving: 214 calories, 7g fat, 10g protein,  
31 g carbohydrate (26g available carbohydrate), 5 g fibre, 611 mg sodium  
Plate Portions: 2 grains, 1 protein, 1 fat

# Smashed Chickpea Salad Sandwiches

 4 servings (1 sandwich per serving)

## Ingredients:

- 1 can (540 ml) chickpeas, rinsed and drained (about 2 cups)
- 1 tbsp minced shallot
- ¼ cup finely diced celery
- 3 tbsp chopped dill pickles
- 2 tsp fresh chopped dill (or ¼ tsp dried)
- 3 tbsp mayonnaise (vegan or regular)
- 2 tsp lemon juice
- 2 tsp Dijon mustard
- ¼ tsp garlic powder
- ¼ tsp salt
- ¼ tsp black pepper
- 8 slices whole grain bread
- 2 large vine-ripened tomatoes, sliced
- 2 cups green leaf lettuce, divided



## Preparation:

- In a medium bowl, coarsely mash chickpeas with a potato masher or a fork.
- Rinse shallot in a fine mesh strainer with cold water and drain well.
- Add shallot, celery, pickles, dill, mayonnaise, lemon juice, mustard, garlic powder, salt and pepper to chickpeas. Stir to combine.
- Divide mixture evenly between 4 pieces of bread. Top with tomato slices and lettuce, dividing equally. Add remaining 4 slices of bread to close sandwiches.
- Serve and enjoy!

Nutritional analysis per serving: 335 calories, 12 g fat, 14 g protein, 44 g carbohydrate (34 g available carbohydrate), 10 g fibre, 695 mg sodium  
Plate Portions: 2 grains, 2 proteins, 1 vegetable, 1 fat

# Quinoa Fruit Salad



6 servings (1 ½ cups per serving)

## Ingredients:

- 1 cup blueberries
- 12 strawberries, diced
- 1 large ripe mango, diced
- 2 tbsp fresh chopped mint
- ¼ cup hemp hearts
- ¼ cup walnuts
- 1 cup quinoa, cooked and cooled
- 3 cups nonfat plain Greek yogurt
- ¼ cup pure maple syrup



## Preparation:

- In a large bowl, combine blueberries, strawberries, mango, mint, hemp hearts, walnuts and quinoa.
- In a small bowl, whisk together Greek yogurt and maple syrup. Pour over the fruit and quinoa right before serving.
- Serve and enjoy!

\*Note: This salad may be made ahead and kept in the refrigerator for up to 24 hours. To make ahead, combine all ingredients except the yogurt mixture. Drizzle yogurt mixture over each portion right before serving.

Nutritional analysis per serving: 248 calories, 6 g fat, 16 g protein, 33 g carbohydrate (30 g available carbohydrate), 4 g fibre, 52 mg sodium  
Plate Portions: 1 grain, 2 proteins, 1 fruit, 1 fat

# Chicken Nuggets

 16 servings (2 nuggets per serving)

## Ingredients:

- 1 lb (454 g) skinless boneless chicken breast, cut into 32 nuggets
- 1/2 cup dry breadcrumbs
- 1/2 cup finely ground high-fibre cereal (e.g. shredded wheat bites)
- 2 tbsp ground flax seed
- 1 tbsp grated Parmesan cheese
- 1/2 tsp garlic powder
- 1/4 tsp ground black pepper
- 1 large egg



## Preparation:

- Preheat oven to 400°F.
- In a medium bowl, combine breadcrumbs, cereal, ground flax seed, Parmesan cheese, garlic powder and pepper.
- In a second bowl, whisk the egg. Dip the chicken into the egg, coating the chicken lightly, and then into the coating mixture.
- Place on a baking sheet. Repeat for all chicken pieces.
- Bake for 20-25 minutes, turning once at 10-15 minutes.
- Serve and enjoy!

Nutritional analysis per serving: (per 2 nuggets): 59 calories, 1 g fat, 8 g protein, 4 g carbohydrate (3 g available carbohydrate), 1 g fibre, 71 mg sodium  
Plate Portions (per 2 nuggets): 1 protein

## Orange Fries (Carrot Fries)

 8 servings (1/2 cup per serving)

### Ingredients:

- 4 cups of peeled carrots, cut into ½ inch thick fries
- 1 tbsp olive oil
- ½ tsp salt
- 1 tsp garlic powder



### Preparation:

- Preheat oven to 425°F.
- Combine carrots, oil, salt and garlic powder in a bowl and toss to coat.
- Arrange in a single layer on a parchment paper-lined baking sheet.
- Bake until carrots are tender and browned, about 25 – 30 minutes, stirring every 10 minutes.
- Serve and enjoy.

Nutritional analysis per serving: 41 calories, 2 g fat, 1 g protein,  
6 g carbohydrate (4 g available carbohydrate), 2 g fibre, 188 mg sodium  
Plate Portions: 1 vegetable

# Chickpea Nuggets



6 servings (2-3 nuggets per serving)

## Ingredients:

- ½ cup grated zucchini
- ½ cup grated carrot
- 1 can (398 mL) chickpeas, drained and rinsed (about 1 cup)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried oregano
- ¼ tsp salt
- 1 tsp olive oil
- ½ cup all-purpose flour
- 2 large eggs or flax “eggs” (see note)
- ½ cup plain dry bread crumbs



## Preparation:

- Preheat oven to 375°F. Line a rimmed baking sheet with parchment paper.
- Wrap grated zucchini in a clean kitchen towel and squeeze to remove excess moisture.
- Add zucchini, carrot, chickpeas, garlic powder, onion powder, oregano, salt, oil, flour and eggs to a food processor. Pulse just until mixture comes together, about 5 or 6 pulses. Do not overmix.
- Place bread crumbs in a shallow dish or a pie plate. Set aside.
- Using wet hands, portion out 2 tbsp chickpea mixture and gently form into nugget shapes.
- Coat each nugget with breadcrumbs, pressing gently to help bread crumbs adhere. Transfer nuggets to baking sheet.
- Bake until browned and crisp at the edges, about 12 – 15 minutes, flipping once halfway through baking time.
- Serve and enjoy.

### Notes:

To make flax “eggs”, combine 1 tbsp ground flaxseed with 3 tbsp water in a small bowl and let sit for about 5 minutes.

Nutritional analysis per serving: 145 calories, 4 g fat, 6 g protein, 22 g carbohydrate (19 g available carbohydrate), 3 g fibre, 249 mg sodium  
Plate Portions: 1 grain, 1 protein

# Chicken Quesadillas



4 servings (1 tortilla per serving)

## Ingredients:

- 1 tsp canola oil
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 green onion, sliced
- 1 tsp chili powder
- 1 tsp garlic powder
- 2 cups rotisserie chicken, chopped
- ½ cup tomatoes, diced
- 1 cup grated cheddar cheese
- 4 flour tortillas (8 inch)



## Preparation:

- Heat oil in a fry pan over medium-high heat.
- Add peppers and cook, stirring, until starting to char, approximately 3 minutes.
- Add green onion, chili powder, garlic powder, chicken and tomatoes.
- Reduce heat to medium-low and cook for 5 minutes. Remove from heat and set aside.
- Sprinkle cheese over tortillas, dividing evenly. Top with chicken mixture and fold tortillas in half.
- Using a paper towel, wipe fry pan clean. Add one or two tortillas to fry pan.
- Cook over medium heat until cheese is melted and tortillas are lightly browned on both sides, about 3 - 4 minutes per side.
- Serve and enjoy!

\*Meal prep tip: Make chicken filling ahead of time and freeze for up to three months. Simply thaw, then fill the tortillas and fry when ready to eat.

Nutritional analysis per serving: 370 calories, 13 g fat, 35 g protein, 30 g carbohydrate (25 g available carbohydrate), 5 g fibre, 715 mg sodium  
Plate Portions: 1 grain, 4 proteins, 2 vegetables

# Veggie Quesadillas

 4 servings (1 tortilla per serving)

## Ingredients:

- 1 tsp vegetable oil
- ½ cup finely diced onion
- 1 cup diced red bell pepper
- ¾ cup canned black beans, drained and rinsed
- ¼ cup frozen corn, thawed
- 1 tsp cumin
- 1 tbsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- ¼ tsp cayenne
- 1½ tbsp fresh lime juice
- 4 large flour tortillas
- ¾ cup shredded cheddar cheese



## Preparation:

- Heat oil in a fry pan over medium heat. Add onions and peppers, and cook until slightly softened, about 4 – 6 minutes.
- Add beans, corn, cumin, cayenne, chili powder, garlic powder, onion powder and cayenne. Cook, stirring occasionally, until fragrant, about 2 minutes. If needed, add 1 – 2 tsp water if mixture is too dry.
- Remove from heat and add lime juice, stirring to combine.
- Spoon vegetable mixture over half of each tortilla, dividing equally. Sprinkle with shredded cheese, dividing equally. Fold quesadillas in half.
- Return fry pan to medium-low heat. Working in batches, cook quesadillas until lightly browned and cheese is melted, about 4 – 5 minutes per side.
- Serve with avocado, salsa or sour cream, if desired.
- Serve and enjoy!

Nutritional analysis per serving: 294 calories, 11 g fat, 11 g protein, 37 g carbohydrate (31 g available carbohydrate), 6 g fibre, 298 mg sodium  
Plate Portions: 2 grains, 1 protein, 1 vegetable, 1 fat

# Roasted Veggie Quinoa Salad

 4 servings (1½ cups per serving)

## Ingredients:

### Salad:

- ½ cup red bell pepper, quartered
- ½ yellow bell pepper, quartered
- 1 cup sliced zucchini (½ inch)
- 12 asparagus spears, woody ends trimmed off
- 1 cup mushrooms
- 1 tbsp olive oil
- 1½ cups cooked quinoa, cooled
- 2 tbsp low fat feta cheese, crumbled
- 2 tbsp pumpkin seeds

### Dressing:

- 1 tbsp apple cider vinegar
- ½ tbsp pure maple syrup
- 1 tsp Dijon mustard
- ¼ tsp salt
- ¼ tsp freshly ground pepper



## Preparation:

- Preheat oven to 350°F.
- Add bell peppers, zucchini, asparagus and mushrooms to a large bowl. Add olive oil and toss to coat. Transfer vegetables to a foil-lined large baking sheet in an even layer.
- Roast until browned and softened, about 15-20 minutes, stirring halfway through cooking time. Set aside to cool slightly.
- Meanwhile, to prepare dressing, combine vinegar, maple syrup, mustard, salt and pepper in a small bowl and whisk well to combine. If needed, add water to adjust consistency.
- In a large bowl, combine cooked vegetables with quinoa, feta cheese, pumpkin seeds and dressing. Serve warm.

Nutritional analysis per serving: 189 calories, 8 g fat, 8 g protein, 23 g carbohydrate (19 g available carbohydrate), 5 g fibre, 155 mg sodium  
Plate Portions: 1 grain, 2 vegetable, 1 fat

## Frog Soup (Spring Pea and Mint Soup)

 4 servings

### Ingredients:

- ½ cup chopped celery
- 1 cup chopped onion
- 2 cloves garlic, peeled and crushed
- 1 cup cauliflower florets
- 4 cups low sodium vegetable broth
- ½ tsp salt
- ¼ tsp pepper
- 1½ cups frozen peas, thawed
- 1 cup fresh spinach
- 4 tbsp fresh mint, roughly chopped



### Preparation:

- Add celery, onion, garlic, cauliflower, broth, salt and pepper to a large pot.
- Bring to a boil over medium-high heat. Reduce heat to low and simmer until vegetables are tender, about 10 minutes.
- Add peas, spinach and mint. Cook just until heated through, about 2 minutes. Remove from heat.
- Working in batches, purée soup in a blender until smooth (alternately, an immersion blender may be used to purée soup). Return soup to pot and reheat over medium-low heat until hot, about 2 – 3 minutes.
- Serve and enjoy!

Nutritional analysis per serving: 97 calories, 0 g fat, 5 g protein,  
19 g carbohydrate (13 g available carbohydrate), 6 g fibre, 201 mg sodium  
Plate Portions: 2 vegetables

# Chicken and Waffles

 4 servings (1 waffle, 1 chicken per serving)

## Ingredients:

### Chicken:

- 4 boneless skinless chicken breasts
- ½ cup whole wheat flour
- ½ tsp salt
- 1 tsp black pepper
- 1 large egg
- ½ cup plain low fat Greek yogurt
- 2 cups corn flakes
- 2 tbsp canola oil, divided

### Waffles (makes 4 medium waffles):

- 1 cup whole wheat flour
- 1 tsp cinnamon
- 1 tsp baking powder
- ½ tsp baking soda
- Dash of salt
- 1 cup milk (1%)
- 1 tsp vanilla extract
- 2 large eggs
- 2 tsp honey
- Drizzle of canola oil



## Preparation:

### Chicken:

- Preheat oven to 425°F.
- Place chicken breasts in plastic bags or between pieces of saran wrap. Lightly pound the chicken with the flat side of a meat mallet until approximately ¾"- 1" thick.
- Combine flour with salt and pepper in a medium bowl.
- Combine egg with yogurt in a separate bowl. Whisk to combine.
- Place corn flakes in a sealed plastic bag. Crush the corn flakes into smaller pieces, and transfer to a third bowl.
- Dip each piece of chicken in the flour mixture, turning to coating evenly, then dip in the egg mixture, and finally coat with corn flakes.
- Brush 1 tbsp canola oil onto a foil-lined rimmed baking sheet. Place chicken on the baking sheet, then lightly drizzle remaining 1 tbsp oil evenly over chicken. Bake until chicken is cooked through, about 30 minutes.

### Waffles:

- In a large bowl, whisk together flour, cinnamon, baking powder, baking soda and salt.
- In a separate bowl, combine milk, vanilla, eggs and honey. Whisk to combine.
- Add liquid ingredients to dry ingredients. Mix just until combined.
- Cook in a preheated greased waffle iron according to manufacturer's directions.
- Serve and enjoy!

## Notes:

For vegan recipes, use the chickpea nugget recipe from this book

Nutritional analysis per serving: 528 calories, 17 g fat, 43 g protein, 53 g carbohydrate (47 g available carbohydrate), 6 g fibre, 863 mg sodium  
Plate Portions: 3 grains, 5 proteins, 2 fats

# Veggie Pizza Rolls

 12 servings (1 roll per serving)

## Ingredients:

### Dough

- 1 tbsp active dry yeast
- 1 tbsp granulated sugar
- 1 cup warm water
- ½ cup milk (2%)
- 2 tbsp melted unsalted butter
- 1½ cups all-purpose flour
- 1½ cups whole wheat flour
- 2 tsp cornmeal
- 1 tsp salt

### Filling

- 1 cup chopped peeled carrots
- 1 cup chopped red bell pepper
- ½ cup tomato sauce
- 1 cup shredded mozzarella



## Preparation:

- Combine yeast, sugar and water in a small bowl. Let stand until mixture is foamy, about 10 minutes.
- In a small bowl, whisk together milk and melted butter.
- In a medium bowl, combine flours, cornmeal and salt. Add milk mixture and yeast mixture and stir until dough comes together. On a lightly floured surface, knead dough until smooth and elastic, about 8 - 10 minutes.
- Transfer dough to a greased bowl. Cover and allow to rest until dough has doubled in volume, about 1 hour.
- Preheat oven to 350°F.
- Meanwhile, cook carrots and peppers in a pot of boiling water until tender, about 4 – 6 minutes. Drain.
- Add cooked vegetables and tomato sauce to a blender and purée until smooth. Set aside.
- Transfer dough to a lightly floured surface and roll out into a 10 x 12 inch rectangle.
- Spread sauce over the dough, leaving a ½ inch border on the long edge farthest from you.
- Starting with the long edge of the dough closest to you, roll up dough into a tight cylinder. Pinch seam to seal.
- Cut dough into 12 equal pieces.
- Transfer rolls, cut sides up, to a greased 9 x 13 inch baking dish. Sprinkle rolls evenly with cheese.
- Bake for 25-30 minutes.
- Serve and enjoy.

Nutritional analysis per serving: 177 calories, 5 g fat, 7 g protein, 28 g carbohydrate (25 g available carbohydrate), 3 g fibre, 315 mg sodium  
Plate Portions: 2 grains, 1 protein, 1 fat

# Pulled Pork Sliders

 24 servings (1 slider per serving)

## Ingredients:

- 4 lbs. boneless pork shoulder, excess fat trimmed
- 1 tsp paprika
- 1 tsp cumin
- 1 tsp dry mustard
- 1 tbsp brown sugar
- ¼ tsp salt
- 1 tsp canola oil
- ½ cup cider vinegar
- 3 tbsp tomato paste
- 4 cups coleslaw mix
- 1 tbsp mayonnaise
- 1 tsp white vinegar
- 1 tsp fresh ground pepper
- ½ cup barbecue sauce
- 24 slider buns, or 12 hamburger buns



## Preparation:

- Cut pork shoulder into 6 – 8 pieces.
- Combine paprika, cumin, dry mustard, brown sugar and salt in a small bowl. Rub spice mixture over pork, turning to coat evenly on all sides.
- Heat oil in a frypan over medium-high heat. Add pork and cook until browned on both sides, about 5 minutes per side. Remove from heat and set aside.
- Add cider vinegar, tomato paste and 1 cup water to slow cooker. Stir to combine.
- Add pork and cook on high heat setting for 4 hours or low heat setting for 8 hours.
- Shortly before pork is finished, combine coleslaw mix with mayonnaise, white vinegar and pepper.
- Using two forks, shred pork. Add barbecue sauce and stir to coat.
- Spoon pork onto buns and top with coleslaw. If using full-sized hamburger buns, cut each in half before serving. Enjoy!

### Notes:

For a vegetarian version, used the pulled jackfruit recipe from this book.

Nutritional analysis per serving: 277 calories, 13 fat, 23 g protein, 15 g carbohydrate (14 g available carbohydrate), 1 g fibre, 238 mg sodium  
Plate Portions: 1 grain, 3 proteins, 1 fat

# Pulled BBQ Jackfruit Sliders

 6 servings (1 sandwich per serving)

## Ingredients:

### BBQ Jackfruit:

- 2 cans (20 oz/550 mL) young jackfruit packed in water
- 1 tsp canola oil
- 1 cup diced onion
- 1 clove minced garlic
- 1 tbsp chili powder
- 1 tsp paprika
- 1 tsp ground cumin
- 1 tbsp low sodium soy sauce
- 1 cup low sodium vegetable broth
- ½ cup BBQ sauce (homemade or store-

bought), divided

- 6 whole wheat sliders, or 6 whole wheat buns, cut in half

### Slaw:

- 1 tbsp vegan mayonnaise
- 1 tsp white wine vinegar
- 1 tsp Dijon mustard
- ¼ tsp salt
- ¼ tsp ground black pepper
- 1½ cups thinly sliced green cabbage



## Preparation:

- Drain and rinse jackfruit, then trim off the tough core section from each piece and discard. Pat dry with paper towels and set aside.
- Heat oil in a large frypan over medium-high heat.
- Add onions and cook, stirring frequently, until slightly softened, about 3 – 4 minutes.
- Add jackfruit, garlic, chili powder, paprika, cumin and soy sauce. Cook, stirring, until mixture is fragrant, about 2 minutes.
- Stir in broth and ¼ cup BBQ sauce. Reduce heat to medium-low and cover. Cook, stirring occasionally, until sauce is slightly thickened and jackfruit is tender, about 15 – 20 minutes.
- Meanwhile, preheat the oven to 450°F.
- Remove frypan from heat. Add remaining ¼ cup BBQ sauce to jackfruit and stir to coat. Transfer mixture to a parchment paper-lined baking sheet and spread into an even layer.
- Bake until jackfruit is lightly browned and crispy on the edges, about 15 minutes.
- In a medium bowl, whisk together mayonnaise, vinegar, mustard, salt and pepper. Add cabbage and toss to coat.
- Spoon jackfruit mixture onto buns, dividing equally. Top each sandwich with about ¼ cup slaw.
- Serve and enjoy.

### Notes:

BBQ pulled jackfruit can also be served in a tortilla as a taco if desired. Simply substitute tortillas for the hamburger buns.

Nutritional analysis per serving: 236 calories, 6 g fat, 7 g protein, 38 g carbohydrate (32 g available carbohydrate), 6 g fibre, 909 mg sodium  
Plate Portions: 1 fruit, 1 grain, 1 protein

# Salmon Nuggets with Sweet Potato Fries



6 servings (2 oz. salmon and 1/3 cup sweet potato fries per serving)

## Ingredients:

### Salmon Nuggets:

- 1/2 cup all-purpose flour
- 1/2 cup plain dry bread crumbs
- 1/2 cup finely ground high-fibre cereal (e.g. Shredded Wheat Bites)
- 2 tbsp ground flax seed
- 1 tbsp fresh grated Parmesan cheese
- 1/2 tsp garlic powder
- 1 large egg
- 12 oz (340 g) boneless, skinless salmon, cut into 3/4 inch pieces

### Sweet Potato Fries

- 2 cups sweet potatoes, cut into 1/2 inch thick fries
- 2 tsp canola oil
- 1/2 tsp salt
- 1 tsp garlic powder
- 1 tsp onion powder



## Preparation:

- Preheat oven to 400°F. Line two rimmed baking sheets with parchment paper.
- Add flour to a medium shallow bowl.
- In a second medium bowl, combine bread crumbs, cereal, ground flax seed, Parmesan cheese and garlic powder.
- In a third bowl, whisk the egg. Dredge salmon in flour, then transfer to egg mixture and turn to coat. Transfer to the bread crumb mixture and press gently so bread crumbs adhere to fish.
- Transfer salmon to one of the prepared baking sheets.
- Add sweet potatoes, oil, salt, garlic powder and onion powder to a medium bowl and toss to coat. Transfer to second prepared baking sheet and spread into a single layer.
- Bake, turning once halfway through baking time, until fries are tender and lightly browned at the edges and fish reaches an internal temperature of 158°F, about 20 – 25 minutes.
- Serve and enjoy.

Nutritional analysis per serving: 246 calories, 11 g fat, 15 g protein, 21 g carbohydrate (18 g available carbohydrate), 3 g fibre, 316 mg sodium  
Plate Portions: 1 grain, 2 proteins

## Vegan “Fish” Stick

 5 servings (2 “fish” sticks per serving)

### Ingredients:

- 1 can (398 mL) whole hearts of palm, drained (about 5 pieces)
- 1⅓ cups panko breadcrumbs, divided
- 1 tsp baking powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp old bay seasoning
- 2 tbsp canola oil



### Preparation:

- Preheat oven to 400°F.
- Add hearts of palm, ¾ cup panko, baking powder, garlic powder, onion powder, and old bay seasoning to a food processor. Pulse until mixture is coarsely chopped, about 8 – 10 pulses.
- Using your hands, form 3 tbsp portions of mixture into “fish stick” shapes, then roll in remaining panko, turning to coat.
- Heat oil in a medium frying pan over medium heat. Add “fish” sticks to pan and cook until crisp and browned, about 2 – 3 minutes per side.
- Serve and enjoy.

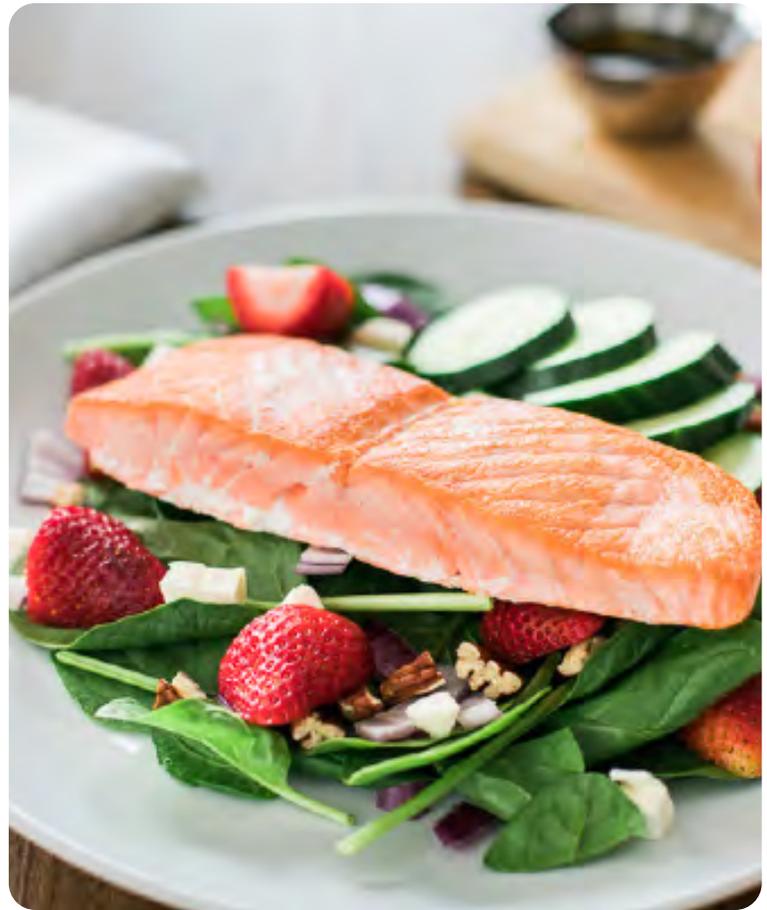
Nutritional analysis per serving: 165 calories, 6 g fat, 5 g protein,  
23 g carbohydrate (21 g available carbohydrate), 2 g fibre, 35 mg sodium  
Plate Portions: 1 grain

# Strawberry Salmon Salad

 1 serving

## Ingredients:

- 2 cups baby spinach
- ¼ cup thinly sliced red onion
- 1 tbsp chopped pecans
- ½ cup sliced fresh strawberries
- ½ cup sliced cucumber
- 1 oz. goat cheese or feta cheese, crumbled
- 1 tbsp homemade or store-bought vinaigrette dressing
- 4 oz. baked salmon fillet with lemon



## Preparation:

- Combine spinach, red onion, pecans, strawberries, cucumber and goat cheese in a medium bowl.
- Add dressing and toss to coat. Top with salmon.
- Serve and enjoy.

Nutritional analysis per serving: 384 calories, 24 g fat, 29 g protein, 15 g carbohydrate (11 g available carbohydrate), 4 g fibre, 218 mg sodium  
Plate Portions: 4 proteins, 3 vegetables, 1 fruit, 1 fat

## BBQ Pork Pizza Bagel

 2 servings (1/2 bagel per serving)

### Ingredients:

- 1 whole wheat bagel, sliced in half horizontally
- 1/3 cup BBQ pulled pork
- 1/4 cup shredded mozzarella cheese
- 1/4 cup diced green pepper
- 1 tbsp finely diced red onion



### Preparation:

- Preheat oven to 425°F.
- Spread pulled pork over cut sides of bagels.
- Top with cheese, peppers and onions.
- Bake until cheese is melted and lightly browned, about 8 – 10 minutes.
- Serve and enjoy.

\*Note: For a vegetarian version use the Jackfruit Pulled pork recipe from this book

Nutritional analysis per serving: 526 calories, 23 g fat, 43 g protein,  
36 g carbohydrate (31 g available carbohydrate), 5 g fibre, 484 mg sodium  
Plate Portions: 2 grains, 6 proteins, 1 fat

## Jack and the Beanstalk Soup (Minestrone)

 4 servings (1 1/2 cups per serving)

### Ingredients:

- 2 tsp olive oil
- 1 cup diced onions
- 1/2 cup diced carrots
- 1/2 cup diced celery
- 2 cloves minced garlic
- 1/2 cup green beans, trimmed and cut into 1 inch pieces
- 1 tbsp dried oregano
- 1 tsp black pepper
- Dash salt
- 1 cup fresh spinach
- 1 cup fresh torn kale
- 1 can (398 mL) no-salt-added diced tomatoes
- 1 can (540 mL) kidney beans, drained and rinsed
- 3 cups no-salt-added vegetable broth
- 2 tbsp fresh chopped basil



### Preparation:

- Heat olive oil in a large pot over medium heat. Add onions, carrots and celery and cook, stirring occasionally, until starting to soften, about 4 minutes.
- Add garlic, green beans, oregano, pepper and salt. Cook, stirring, for another 2 minutes.
- Add spinach and kale, allowing to wilt slightly. Add diced tomatoes (undrained), kidney beans and vegetable broth. Bring to a boil.
- Reduce heat to medium-low and simmer for 10 minutes. Remove from heat and stir in fresh basil. Serve and enjoy!

Nutritional analysis per serving: 208 calories, 3 g fat, 11 g protein,  
34 g carbohydrate (25 g available carbohydrate), 9 g fibre, 203 mg sodium  
Plate Portions: 1 grain, 1 protein, 2 vegetables

# Creamy Corn Soup

 10 servings (1 cup per serving)

## Ingredients:

- 2 tsp canola oil
- 1 cup chopped onion
- 1 cup chopped carrot
- 1 cup chopped celery
- $\frac{3}{4}$  cup diced yellow potato
- 2 cloves minced garlic
- 5 cups low sodium vegetable broth
- 1 can (540 mL) white or red kidney beans, drained and rinsed (about 2 cups)
- $\frac{1}{2}$  tsp salt
- 1 tsp dried thyme
- 1 bay leaf
- 1 cup corn kernels (fresh, frozen or canned)



## Preparation:

- Heat oil in a large pot over medium heat.
- Add onions and cook, stirring, until starting to soften, about 2 – 3 minutes.
- Add carrots, celery, potato and garlic and cook, stirring, for 2 minutes.
- Add broth, beans, salt, thyme and bay leaf. Bring to a boil, then reduce heat to medium-low and simmer, stirring occasionally, until vegetables are tender, about 7 – 10 minutes.
- Stir in corn and cook until heated through, about 2 minutes. Remove from heat.
- Remove bay leaf and discard. Working in batches, transfer soup to a blender or food processor and blend on low speed until smooth.
- Serve and enjoy.

\*Note: Serve with a whole wheat roll

Nutritional analysis per serving: 88 calories, 1 g fat, 4 g protein,  
16 g carbohydrate (13 g available carbohydrate), 3 g fibre, 420 mg sodium  
Plate Portions: 1 grain

# Sheet Pan Chicken Fajitas

 6 servings (1 fajita per serving)

## Ingredients:

- 1½ tsp cumin
- 1 tsp chili powder
- 2 tsp paprika
- 1 tbsp oregano
- 1 lb boneless skinless chicken breast, sliced
- 5 cups bell peppers (red, orange and green), sliced
- 1 cup sliced onion
- 1 tbsp canola oil
- 1 lime
- 6 flour tortillas (8 inch)



## Preparation:

- Preheat oven to 400°F.
- Combine all of the spices in a small bowl and mix well.
- In a large bowl, combine chicken, peppers, onion and canola oil. Toss to coat.
- Sprinkle spice mixture over the chicken, peppers and onions and mix until well coated.
- Place mixture on a parchment paper-lined rimmed baking sheet.
- Bake until chicken is cooked and vegetables are tender, about 20 minutes.
- Drizzle with lime juice and sprinkle with fresh cilantro. Serve with tortillas. Enjoy!

\*Meal Prep Tip: This recipe may be prepared up to step 4 and frozen for up to 3 months. Thaw in the refrigerator before cooking as directed in step 6.

Nutritional analysis per serving: 320 calories, 7 g fat, 29 g protein, 35 g carbohydrate (29 g available carbohydrate), 6 g fibre, 368 mg sodium  
Plate Portions: 2 grains, 4 proteins, 2 vegetables

# Chicken Caesar Wrap



4 servings (1 wrap per serving)

## Ingredients:

### Caesar Dressing:

- 1/2 cup low fat plain greek yogurt
- 1/4 cup grated parmesan cheese
- 2 cloves garlic
- 2 tbsp lemon juice
- 1 tsp dijon mustard
- 1 tsp anchovy paste

### Wraps:

- 2 cups diced cooked chicken (about 2 chicken breasts)
- 4 cups chopped romaine lettuce
- 4 tbsp Caesar dressing
- 4 whole wheat tortillas (8 inch)



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## Preparation:

- To prepare Caesar dressing, combine Greek yogurt, Parmesan, garlic, lemon juice, Dijon mustard, and anchovy in a food processor and blend until smooth and creamy.
- Add lettuce and 4 tbsp dressing to a large bowl and toss well to coat. Refrigerate remaining dressing and reserve for another use (use within 3 days).
- Divide cooked chicken evenly between tortillas, then chop the chicken on each tortilla with 1 cup lettuce mixture.
- Roll tortillas tightly to enclose.
- Serve and enjoy!

Nutritional analysis per serving: 293 calories, 8 g fat, 29 g protein, 27 g carbohydrate (23 g available carbohydrate), 4 g fibre, 480 mg sodium  
Plate Portions: 1 vegetables, 2 grain, 4 protein

# Kale Chicken Caesar Salad

 4 servings (2 cups salad, 1 chicken breast and 2 tbsp dressing per serving)

## Ingredients:

- 4 (5 oz) boneless skinless chicken breasts
- 1 tsp anchovy paste
- ½ cup plain Greek yogurt
- 4 cups kale, stems removed and leaves chopped
- ¼ cup grated Parmesan cheese
- 4 cups chopped romaine lettuce
- 2 cloves garlic
- 2 tbsp lemon juice
- 1 tsp Dijon mustard



## Preparation:

- Preheat oven to 400°F.
- Season chicken breasts with salt and pepper. Place on a parchment paper-lined baking sheet and cook for about 25 minutes, flipping halfway through. Once cool enough to handle, slice chicken into strips.
- Meanwhile, combine Greek yogurt, Parmesan, garlic, lemon juice, Dijon mustard, and anchovy in a food processor and blend until smooth and creamy.
- In a large bowl, combine kale and romaine lettuce. Add dressing and toss to coat. Top with sliced chicken.
- Serve and enjoy!

Nutritional analysis per serving: 264 calories, 7 g fat, 41 g protein,  
9 g carbohydrate (7 g available carbohydrate), 2 g fibre, 353 mg sodium  
Plate Portions: 5 proteins, 2 vegetables

# Chicken Tacos

 6 servings (1 tortilla +  $\frac{3}{4}$  cup filling per serving)

## Ingredients:

### Taco seasoning:

- 2 tbsp chili powder
- 2 tsp cumin
- 1½ tsp paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried oregano

### Chicken:

- 1½ lb. (680 g) boneless skinless chicken breasts
- 1 cup salsa (homemade or store-bought)

- 6 whole wheat tortillas (8 inch)
- Toppings:
  - Shredded lettuce or spinach
  - Chopped tomatoes
  - Black beans
  - Avocado or guacamole
  - Greek yogurt
  - Shredded cheese
  - Cilantro



## Preparation:

- Add taco seasoning ingredients to a small bowl and stir to combine.
  - Add chicken to slow cooker and sprinkle evenly with taco seasoning, turning chicken to coat evenly. Add salsa and stir to combine. Cover and cook on low setting for 6 - 8 hours or high setting for 3 - 4 hours. Note: to prepare on the stovetop, add chicken, taco seasoning and salsa to a medium pot and bring to a simmer over medium-low heat. Cover and simmer until chicken is cooked, about 20 minutes.
  - Using two forks, shred the chicken. Stir to combine with salsa.
  - Spoon mixture down the center of tortillas and add desired toppings. Serve immediately. Enjoy!
- \*Note: For a vegetarian version, use the lentil taco recipe from this book.

Nutritional analysis per serving (without toppings): 300 calories, 7 g fat, 31 g protein, 30 g carbohydrate (24 g available carbohydrate), 6 g fiber, 741 mg sodium  
Plate Portions (without toppings): 1 grain, 4 proteins

# Lentil Tacos



4 servings (1 taco per serving)

## Ingredients:

- 1 cup dried green lentils, rinsed and drained
- 2 cups reduced sodium vegetable stock
- 1 tsp canola oil
- ½ cup chopped onion
- ½ cup diced red pepper
- ½ cup diced tomato
- 1 clove minced garlic
- 1 tsp chili powder
- 1 tsp cumin
- ½ tsp smoked paprika
- 4 (8 inch) whole wheat tortillas
- 1 cup mixed greens
- Lettuce and cilantro for garnish



## Preparation:

- Combine lentils and stock in a medium pot and cook until lentils are tender. Remove from heat and set aside.
- Heat oil in a medium fry pan on medium-high heat.
- Add onions and cook until soft, approximately 5 minutes.
- Add peppers, tomatoes, garlic, chili powder, cumin, paprika and cooked lentils, along with any excess cooking liquid that may remain in the lentils (if there is no excess cooking liquid, add 2 tbs water or broth).
- Cook until vegetables have softened and mixture is fragrant.
- Fill each tortilla with lentil mixture, dividing evenly. Garnish with lettuce and cilantro.
- Serve and enjoy!

\*Meal prep tip: make lentil filling ahead of time and freeze for up to three months.

Nutritional analysis per serving: 356 calories, 6 g fat, 22 g protein, 66 g carbohydrate (46 g available carbohydrate), 20 g fibre, 483 mg sodium  
Plate Portions: 3 grains, 2 proteins, 1 vegetable

# Tomato Soup

 6 servings (1 1/2 cup per serving)

## Ingredients:

- 1 tsp vegetable oil
- 1 cup chopped onion
- 1/2 cup diced peeled carrots
- 1 cup chopped cauliflower
- 2 cloves minced garlic
- 1 tbsp dried basil
- 1 tsp salt
- 1 tsp fresh ground pepper
- 1 tbsp tomato paste
- 1 can (796 mL) no-salt-added whole plum tomatoes
- 1 1/2 cup dried red lentils
- 1 1/2 cups low sodium vegetable broth



## Preparation:

- Heat oil in a large pot over medium heat. Add onions and cook, stirring, until softened, about 5 minutes.
- Add carrots, cauliflower, garlic and dried basil, salt and pepper.
- Add tomato paste and cook, stirring, for 1 minute. Add tomatoes and broth.
- Bring to a boil. Reduce heat to low and simmer, stirring occasionally, for 20 minutes.
- Add the lentils and cook until soft, ~10 minutes
- Once lentils are soft, remove from heat and blend soup in a food processor or blender.
- Serve and enjoy!

### Notes:

Serve with a whole wheat roll.

Nutritional analysis per serving: 226 calories, 2 g fat, 14 g protein, 41 g carbohydrate (32 g available carbohydrate), 9 g fibre, 497 mg sodium  
Plate Portions: 2 grains, 2 proteins, 2 vegetables

# Mac and Cheese (Cheese Sauce)

 4 servings (1/2 cup per serving)

## Ingredients:

- 2 tsp canola oil
  - 1/4 cup chopped onion
  - 2 cloves minced garlic
  - 1/2 cup chopped cauliflower
  - 3/4 cup sweet potato, peeled and chopped
  - 1 cup low-sodium vegetable or chicken broth
  - 1 cup milk (2%)
  - 1/4 cups grated cheddar cheese
  - 4 tbsp nutritional yeast
- \*serve with whole wheat macaroni noodles



## Preparation:

- Heat oil in a pot over medium-high heat.
- Add onions and cook until softened, about 3 - 4 minutes.
- Add garlic, cauliflower and sweet potato. Cook, stirring, until starting to soften, about 3 minutes.
- Add broth and milk. Reduce heat and simmer until vegetables are very soft, about 10 - 12 minutes.
- Remove from heat and allow to cool slightly. Use an immersion blender to purée until smooth. Alternatively, purée in batches in a blender.
- Return mixture to heat on low.
- Add cheese and nutritional yeast. Stir until cheese is melted.
- Serve over pasta or veggies and enjoy!

### Notes:

The cheese sauce can be done in a larger amount and frozen for future.

Nutritional analysis per serving (sauce only) : 227 calories, 9 g fat, 14 g protein, 23 g carbohydrate (18 g available carbohydrate), 5 g fibre, 285 mg sodium  
Plate Portions: 1 grain, 2 proteins, 1 fat

# Chicken Ranch Wraps



4 servings (1 wrap per serving)

## Ingredients:

- 4 tbsp Greek Yogurt Ranch Dip
- 4 whole wheat tortillas (8 inch)
- 1 cup shredded cheddar cheese
- ½ lb. (225 g) cooked chicken, diced
- 1 cup sliced cucumbers



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## Preparation:

- Spread 1 tbsp ranch dip over each tortilla.
- Sprinkle each tortilla with ¼ cup shredded cheese, then top with chicken and cucumbers, dividing equally.
- Roll up tortillas tightly.
- Serve and enjoy.

### Notes:

Use tofu instead of chicken for a vegetarian version.

Nutritional analysis per serving: 353 calories, 15 g fat, 30 g protein, 27 g carbohydrate (23 g available carbohydrate), 4 g fibre, 596 mg sodium  
Plate Portions: 2 grains, 4 proteins, 1 fat

# Vegan Broccoli Cheese Soup



4 servings (1 ½ cup per serving)

## Ingredients:

- 2 tsp olive oil, divided
- ½ cup chopped onion
- 1 cup cauliflower florets
- 2 cloves minced garlic
- 1½ cups broccoli florets (stems reserved and chopped)
- 4 cups low sodium vegetable broth
- ½ tsp salt
- ½ tsp fresh ground pepper
- 1 cup fresh spinach
- 1 tbsp nutritional yeast
- 1 cup unsweetened almond milk



## Preparation:

- Preheat oven to 375°F.
- Heat 1 tsp oil in a large pot over medium heat. Add onions and cook, stirring, until starting to soften, about 3 - 4 minutes.
- Add cauliflower, garlic and broccoli stems. Cook for 2 minutes, then add broth and bring to a boil. Reduce heat to medium-low and simmer until vegetables are tender, about 10 minutes.
- Meanwhile, in a small bowl, combine broccoli florets with remaining 1 tsp oil and toss to coat. Transfer broccoli to a parchment paper-lined baking sheet. Roast until tender and slightly crispy on the edges, about 10 - 15 minutes.
- Add salt, pepper, spinach, nutritional yeast and almond milk to soup and cook just until spinach has wilted, about 2 minutes.
- Remove from heat. Purée soup in batches in a blender. Alternatively, soup may be puréed using a handheld immersion blender.
- Return soup to medium-low heat and cook until thickened and heated through, about 4 - 5 minutes.
- Stir in roasted broccoli florets.
- Serve and enjoy!

Nutritional analysis per serving: 95 calories, 3 g fat, 5 g protein, 13 g carbohydrate (10 g available carbohydrate), 3 g fibre, 1045 mg sodium  
Plate Portions: 2 vegetables, 1 fat

# Chicken Fried Rice

 4 servings (3/4 cup per serving)

## Ingredients:

- 1 tbsp sesame oil
- 2 boneless skinless chicken breasts, cut into 1 inch cubes
- 4 cups coleslaw mix
- 1 cup grated carrots
- 2 cloves minced garlic
- 1 tbsp minced fresh ginger
- 4 tbsp thinly sliced green onions
- 2 tbsp low sodium soy sauce
- 2 tsp rice vinegar
- 2 cups brown rice, cooked and cooled
- 2 large eggs



## Preparation:

- In a large wok or fry pan, heat sesame oil over medium-high heat.
- Add the chicken and cook, stirring frequently, until thoroughly cooked, about 5 minutes.
- Add the coleslaw mix and carrots and cook until cabbage is soft, about 4 - 5 minutes.
- Add garlic, ginger, green onions, soy sauce, vinegar and rice. Cook, stirring, until heated through.
- Using a spatula, push rice and vegetables into a ring around the edge of the pan, leaving space in the center. Add eggs and cook, stirring, until eggs are lightly scrambled, about 2 minutes.
- Stir rice and vegetables into eggs until evenly combined.
- Serve and Enjoy!

### Notes:

For a vegetarian version, use tofu instead of chicken.

Nutritional analysis per serving: 256 calories, 3 g fat, 21 g protein, 33 g carbohydrate (29 g available carbohydrate), 4 g fibre, 373 mg sodium  
Plate Portions: 1 grain, 3 proteins, 2 vegetables, 1 fat

# Snowman Nose Soup (Carrot Ginger Soup)

 4 Servings (1 1/2 cup per serving)

## Ingredients:

- 1 tbsp salted butter or olive oil
- 1 1/2 cups chopped onions
- 3 cloves roughly chopped garlic
- 1 tbsp grated fresh ginger
- 3/4 tsp salt
- 1/2 tsp fresh ground pepper
- 1 tsp fresh thyme, or 1/4 tsp dried thyme
- 1 bay leaf
- 1/4 tsp chili flakes
- 4 cups sliced peeled carrots (about 1 lb)
- 4 cups no-salt-added vegetable broth, divided
- 2 tsp cider vinegar
- Heavy cream, for finishing (optional)\*



## Preparation:

- Heat butter or oil in a medium pot over medium-low heat.
- Add onions, garlic, ginger, salt, pepper, thyme, bay leaf and chili flakes. Cook, stirring occasionally, until onions are softened and starting to caramelize, about 5 – 7 minutes.
- Increase heat to medium-high and add carrots and 3 cups broth, reserving remaining 1 cup. Bring to a boil, then reduce heat to medium-low and simmer until carrots are very tender, about 15 – 20 minutes.
- Remove from heat. Discard bay leaf.
- Purée soup using an immersion blender until smooth (alternatively, blend soup in batches in a blender). Return soup to medium-low heat. Add cider vinegar and remaining 1 cup broth and stir to combine. Bring to a simmer and cook just until heated through. If desired, drizzle each serving with 1 – 2 tsp cream and sprinkle with additional thyme.
- Serve and enjoy!

\*Ingredient not included in nutritional analysis

## Notes:

Serve with a whole wheat roll

Nutritional analysis per serving: 136 calories, 3 g fat, 2 g protein, 26 g carbohydrate (21 g available carbohydrate), 5 g fibre, 572 mg sodium  
Plate Portions: 3 vegetables

# Turkey Zucchini Meatloaf



6 servings (1 cup per serving)

## Ingredients:

- 1¼ lb. (567 g) lean ground turkey
- 1 cup grated zucchini, excess water squeezed out
- ½ cup grated carrot
- ¾ cup finely chopped onion
- 1 large egg
- ½ cup dry breadcrumbs
- ½ tsp dried Italian herbs
- ½ tsp dried basil
- 1 tsp salt
- ½ tsp fresh ground black pepper
- 2 cloves minced garlic
- ¼ cup chopped fresh parsley
- ¼ cup peach preserves
- 1 tbsp Dijon mustard



## Preparation:

- Preheat oven to 350°F. Combine turkey, zucchini, carrot, onion, egg, breadcrumbs, Italian herbs, basil, salt, pepper, garlic, and parsley in large bowl and mix well.
- Transfer mixture to a parchment paper-lined rimmed baking sheet. Using hands, shape mixture into an 8 x 4 x 2 inch loaf.
- Bake for 45 minutes. Remove meatloaf from oven.
- In a small bowl, combine peach preserves and mustard. Spread mixture over meatloaf.
- Continue baking until cooked through, about 20 minutes. Transfer meatloaf to platter.
- Cut into slices and serve with roasted vegetables and roasted baby potatoes for a balanced plate!

\*Meal prep tip: Make ahead of time and freeze for up to three months. To reheat, thaw in the refrigerator and heat in the oven for 30 minutes.

Nutritional analysis per serving: 243 calories, 9 g fat, 22 g protein, 20 g carbohydrate (18 g available carbohydrate), 1 g fibre, 604 mg sodium  
Plate Portions: 1 grain, 3 proteins, 1 vegetable

# Lentil Loaf

 6 servings (1 3/4 cup per serving)

## Ingredients:

- 1 tbsp vegetable oil
- 1/2 cup diced onion
- 3 cloves minced garlic
- 1 cup Portobello mushroom, small diced
- 1/2 cup grated carrot
- 1 can (540 mL) red kidney beans, drained and rinsed
- 1 can (540 mL) lentils, drained and rinsed
- 1 tbsp soy sauce
- 1 tbsp dried sage
- 1 tbsp dried thyme
- 1 tbsp fresh chopped parsley
- 4 tbsp nutritional yeast
- 1/4 - 1/2 cup rolled oats
- 1 shallot, diced
- 1 tbsp vegetable oil
- 1 tbsp brown sugar
- 3 tbsp balsamic vinegar
- 1/2 cup red wine
- 1/2 cup low sodium vegetable broth



## Preparation:

- Preheat oven to 350°F.
- Heat oil in a fry pan over medium heat. Add onions and cook until softened, about 5 minutes.
- Add garlic, mushrooms and carrots. Cook until softened and moisture is evaporated, about 5 minutes. Remove from heat and set aside to cool slightly.
- Add beans to a large bowl and mash coarsely. Add lentils, soy sauce, sage, thyme, parsley, nutritional yeast, oats and cooked mushroom mixture. Mash mixture slightly and stir to combine. Do not over-mash.
- Transfer mixture to parchment paper-lined loaf pan, pressing lightly to pack in to pan.
- Bake for 40 minutes.
- Meanwhile, to prepare glaze, heat oil in a small saucepan over medium heat. Add shallots and cook until starting to soften, about 2 minutes.
- Add brown sugar, vinegar, wine and vegetable broth. Bring to a simmer. Reduce heat to medium-low and continue to simmer until thickened, about 7 - 10 minutes. Remove from heat and set aside to cool slightly.
- Remove loaf from oven and spread evenly with shallot glaze.
- Return to oven for 5 minutes.
- Serve and enjoy!

Nutritional analysis per serving: 187 calories, 4 g fat, 13 g protein, 28 g carbohydrate (20 g available carbohydrate), 8 g fibre, 228 mg sodium  
Plate Portions: 2 grains, 2 proteins, 1 vegetable

## Snowy White Soup (Roasted Parsnip and White Bean Soup)



4 servings (1 ½ cup per serving)

### Ingredients:

- 2 cloves garlic
- 4 cups chopped peeled parsnips
- 1 cup chopped onion
- 1 tbsp olive oil
- 1 tbsp fresh thyme (or 1 tsp dried thyme)
- ½ tsp salt
- ½ tsp freshly ground pepper
- 1 cup canned white kidney beans, drained and rinsed
- 6 cups low sodium vegetable broth
- 1 tbsp fresh lemon juice
- ¼ cup pumpkin seeds



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### Preparation:

- Preheat oven to 400°F.
- Combine garlic, parsnips, onions, oil, salt and pepper in a roasting pan and toss gently to coat.
- Bake until parsnips are tender, about 40 - 50 minutes.
- Transfer cooked vegetable mixture to a food processor. Add beans, broth and lemon juice. Purée until smooth. Alternatively, add ingredients to a large pot and purée with an immersion blender.
- Heat soup in a large pot over medium heat until heated through.
- Ladle into bowls and garnish with pumpkin seeds.
- Serve and enjoy!

Nutritional analysis per serving: 286 calories, 4 g fat, 9 g protein, 57 g carbohydrate (46 g available carbohydrate), 11 g fibre, 419 mg sodium  
Plate Portions: 3 grains, 1 protein, 2 vegetables, 1 fat

# Turkey Chili with Butternut Squash

 6 servings (1  $\frac{2}{3}$  cup per serving)

## Ingredients:

- 1 tbsp canola oil
- 1 lb. (454 g) lean ground turkey
- $\frac{1}{2}$  cup diced onion
- 1 cup diced red bell pepper
- $\frac{1}{2}$  cup diced celery
- 2 cloves minced garlic
- $1\frac{1}{2}$  tsp chili powder
- 1 tsp dried thyme
- 1 tsp smoked paprika
- 1 tsp onion powder
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp fresh ground black pepper
- 2 cups diced peeled butternut squash
- 2 cans (398 mL) no-salt-added diced tomatoes
- 1 can (398 mL) kidney beans, drained and rinsed



## Preparation:

- Heat oil in a large pot over medium-high heat. Add turkey and cook, stirring to break up meat, until thoroughly cooked.
- Add onion, red pepper, celery, garlic, chili powder, thyme, paprika, onion powder, salt and pepper. Cook, stirring occasionally, until vegetables are slightly softened, about 3 - 4 minutes.
- Stir in butternut squash, tomatoes and beans.
- Reduce heat to medium-low and simmer, stirring occasionally, for at least 1 hour.
- Serve and enjoy! Optional: garnish with green onion, shredded cheese and a dollop of sour cream.

\*Meal prep tip: portion into individual servings and freeze for up to 3 months. To reheat: thaw in the refrigerator, then reheat in the microwave or in a pot on the stove.

Nutritional analysis per serving: 285 calories, 10 g fat, 22 g protein, 30 g carbohydrate (22 g available carbohydrate), 7 g fibre, 419 mg sodium  
Plate Portions: 1 grain, 3 proteins, 2 vegetables

# Veggie Pizza Pockets

 8 Servings

## Ingredients:

### Dough:

- 1 tbsp active dry yeast
- 1 tbsp granulated sugar
- 1 cup warm water
- ½ cup milk (1%)
- 2 tbsp butter, melted
- 3 cups all-purpose flour
- 2 tsp cornmeal
- 1 tsp salt

### Pizza Filling:

- 1 tbsp olive oil, divided
- 1 cup chopped red bell pepper
- 1 cup sliced mushrooms
- 1 cup baby spinach
- ¾ cup tomato sauce
- 1 cup shredded mozzarella cheese
- 1 tbsp freshly grated Parmesan cheese
- 1 tbsp Italian seasoning



## Preparation:

### Dough:

- Preheat oven to 350°F.
- Combine yeast, sugar and water in a small bowl. Let stand until mixture is foamy, about 10 minutes.
- In a small bowl, whisk together milk and melted butter.
- In a medium bowl, combine flour, cornmeal and salt. Add milk mixture and yeast mixture and stir until dough comes together. On a lightly floured surface, knead dough until smooth and elastic, about 8 - 10 minutes.
- Transfer dough to a greased bowl. Cover and allow to rest until dough has doubled in volume, about 1 hour. Divide dough into 8 equal pieces and roll out into circles.

### Pizza Filling and Assembly:

- While dough is rising, heat 1 tsp oil in a fry pan over medium heat. Add peppers, mushrooms and spinach. Cook, stirring, until vegetables have softened, about 5 minutes. Remove from heat and set aside.
- Spread 1-2 tbsp tomato sauce on each dough circle, leaving a 1/2 inch border around outside of circle. Add 3 tbsp vegetables and 2 tbsp cheese.
- Fold the dough in half and seal the edges to enclose filling.
- Brush with remaining olive oil and sprinkle with Italian seasoning and Parmesan cheese. Cut a small slit in each pocket to allow steam to escape during cooking. Bake until pizza pockets are lightly browned, about 25 minutes.
- Serve and enjoy! Or store in fridge or freezer for a later lunch.

Nutritional analysis per serving: 324 calories, 10 g fat, 14 g protein, 44 g carbohydrate (41 g available carbohydrate), 3 g fibre, 626 mg sodium  
Plate Portions: 3 grains, 1 protein, 1 vegetable, 1 fat

# Chicken Noodle Soup

 4 servings (1 1/2 cup per serving)

## Ingredients:

- 1 tsp vegetable oil
- 1 cup diced onion
- 1 cup carrot, peeled and diced
- 1 cup diced celery
- 1 clove minced garlic
- 1 tsp dried parsley
- 1 tsp dried thyme
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 bay leaf
- 1/2 tsp salt
- 1/4 tsp pepper
- 6 cups vegetable broth
- 4 oz. cooked chicken breast, chopped
- 3/4 cup short pasta noodles, uncooked



## Preparation:

- Heat oil in a medium pot over medium heat. Add onions, carrots and celery and cook, stirring occasionally, until vegetables are slightly softened, about 5 minutes.
- Add garlic, parsley, thyme, basil, oregano, bay leaf, salt and pepper. Cook, stirring, until fragrant, about 1 minute.
- Add broth and bring to a boil. Reduce heat to medium-low and simmer until vegetables are tender, about 5 minutes.
- Add noodles and simmer until noodles are cooked, about 7 – 10 minutes.
- Stir in chicken and cook just until heated through.
- Adjust seasoning to taste. Serve and enjoy!

### Notes:

For vegetarian version, use 1 can (540 mL) chickpeas, drained and rinsed (about 2 cups)

Nutritional analysis per serving 229 calories, 3 g fat, 8 g protein, 44 g carbohydrate (37 g available carbohydrate), 7 g fibre, 400 mg sodium  
Plate Portions: 2 grains, 1 protein, 1 vegetable

# Beef Taco

 10 servings (1 Taco per serving)

## Ingredients:

- 1 lb. (454 g) extra lean ground beef
- 2 cups eggplant, peeled and diced very small
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp chili powder
- ½ tsp salt
- 10 whole wheat tortillas (8 inch)
- Shredded Iceberg lettuce
- Diced tomatoes
- Mild salsa
- Plain Greek yogurt
- Grated cheese



## Preparation:

- Cook beef in a medium non-stick fry pan over medium heat, breaking up meat with a wooden spoon, until beef is no longer pink, about 5 – 7 minutes. Remove from heat and drain excess fat from pan if needed.
- Return pan to medium heat and add eggplant, onion powder, garlic powder, oregano, chili powder, salt and 1 – 2 tbsp water. Cook, stirring frequently, until eggplant is softened, about 5 minutes. Remove from heat.
- Spoon 2 oz. of the meat mixture down the centre of each tortilla, then add desired toppings.
- Serve and enjoy.

\*Note: For a vegetarian version of this recipe, use the Lentil Taco recipe from this book.

Nutritional analysis per serving: 199 calories, 5 g fat, 15 g protein,  
26 g carbohydrate (22 g available carbohydrate), 4 g fibre, 459 mg sodium  
Plate Portions: Note: 2 grains, 2 proteins

# Cashew Chicken Stir Fry

 5 servings (1 1/2 cup per serving)

## Ingredients:

- 3/4 cup unsalted cashews
- 1/4 cup water
- 2 tsp cornstarch
- 1/4 cup hoisin sauce
- 1 tbsp low sodium soy sauce
- 2 tsp sambal oelek (Asian chili garlic sauce)
- 2 tsp grated fresh ginger
- 1 tbsp canola oil
- 1 lb boneless skinless chicken breasts, cut into 1 inch pieces
- 1 tbsp rice vinegar
- 5 cloves minced garlic
- 3 cups broccoli florets
- 2 cups chopped red bell pepper
- 8 green onions, cut into 1 inch pieces
- 1/4 tsp sesame oil
- 8 green onions, cut into 1 inch pieces
- 1/4 tsp sesame oil



## Preparation:

- Heat a medium frypan over medium heat. Add cashews and cook, stirring, until toasted and fragrant, about 5 minutes. Remove from heat and transfer to a plate.
- To make sauce, whisk together water, cornstarch, hoisin sauce, soy sauce, sambal oelek and ginger in a small bowl. Set aside.
- In a large frypan, heat canola oil over medium-high heat. Add chicken in a single layer and cook until browned, about 3 – 4 minutes. Cook chicken in batches if needed.
- Add broccoli, peppers, garlic, rice vinegar and 2 tbsp water. Reduce heat to medium and cook, covered until broccoli is tender-crisp and chicken is fully cooked, about 3 – 4 minutes.
- Increase heat to medium-high and add sauce mixture to pan. Cook, stirring, until sauce is thickened, about 2 – 3 minutes.
- Add cashews, green onions and sesame oil and cook for 1 minute.
- Serve over rice or noodles. Enjoy!

Nutritional analysis per serving: 329 calories, 16 g fat, 27 g protein, 23 g carbohydrate (19 g available carbohydrate), 4 g fibre, 437 mg sodium  
Plate Portions: 1 grain, 4 proteins, 2 vegetables

# Egg Salad Sandwiches

 4 Servings (2 bread slices, 1/2 cup filling per serving)

## Ingredients:

- 6 large eggs, hard boiled, peeled and chopped
- 1/2 cup plain Greek yogurt (0% fat)
- 1/4 cup diced celery
- 1 tbsp fresh chopped dill, or 1 tsp dried
- 1 tbsp chopped green onion
- 1/2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp Dijon mustard
- 1/4 tsp salt
- 1/2 tsp pepper
- 8 slices whole wheat bread



## Preparation:

- Combine all ingredients except bread in a medium bowl.
- Add egg mixture to 4 pieces of bread, dividing equally. Place second piece of bread on top of filling to enclose sandwich.
- Serve and enjoy!

Nutritional analysis per serving: 323 calories, 11 g fat, 22 g protein, 34 g carbohydrate (29 g available carbohydrate), 5 g fibre, 616 mg sodium  
Plate Portions: 2 grains, 3 proteins

# Tofu Salad Sandwiches

 8 servings (1/2 sandwich per serving)

## Ingredients:

- 1 block (500 g/18 oz) firm tofu
- 1/3 cup vegan mayonnaise
- 1/4 cup finely diced celery
- 2 tbsp finely diced dill pickle
- 2 tbsp chopped fresh dill
- 2 tbsp thinly sliced chives
- 2 tsp cider vinegar
- 1 tbsp Dijon mustard
- 1/2 tsp garlic powder
- 1/4 tsp ground turmeric
- 8 slices whole wheat bread



## Preparation:

- Place tofu between 2 layers of paper towels (or a clean tea towel) and press excess moisture from tofu by placing a heavy skillet on top of tofu. Let stand for 15 minutes, then cut into 1/4 inch cubes.
- Add tofu to a medium bowl and coarsely crumble about half of the tofu using your hands, leaving the other half of the pieces fully intact. Mixture should resemble egg salad.
- Add mayonnaise, celery, pickles, dill, chives, vinegar, mustard, garlic powder and turmeric and stir well to combine.
- Spread filling onto 4 slices of bread, dividing equally (about 6 tbsp filling per slice). Top with remaining slices of bread, then cut sandwiches in half.
- Serve and enjoy.

Nutritional analysis per serving: 207 calories, 10 g fat, 16 g protein,  
16 g carbohydrate (12 g available carbohydrate), 4 g fibre, 298 mg sodium  
Plate Portions: Note: 1 grain, 2 proteins, 1 fat

## Beef and Cauliflower Meatballs



6 servings (3 meatballs per serving)

### Ingredients:

- 1 cup cauliflower florets
- 1 lb lean ground beef
- 1 large egg
- 2 tbsp fresh chopped basil (or 2 tsp dried)
- 1 tbsp fresh chopped oregano (or 1 tsp dried), divided
- 3 cloves minced garlic, divided
- ½ cup rolled oats



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### Preparation:

- Preheat oven to 350°F.
- Cook cauliflower in a pot of boiling water until tender, about 5 minutes. Drain and set aside to cool.
- Combine beef, egg, basil, 1 tsp oregano and 1 clove of minced garlic in a large bowl.
- Add oats and stir just until combined. Set aside and allow mixture to rest for 3 minutes.
- Meanwhile, pulse the cooked cauliflower in a food processor until finely chopped. Add to meatball mixture and mix well.
- Form mixture into 18 meatballs and transfer to a rimmed baking sheet lined with parchment paper.
- Bake until completely cooked, about 15 - 20 minutes.
- Serve with our marinara sauce and pasta or zucchini noodles and enjoy!

Nutritional analysis per serving (Meatballs only): 263 calories, 10 g fat, 25 g protein, 17 g carbohydrate (13 g available carbohydrate), 4 g fibre, 89 mg sodium  
Plate Portions: 4 proteins, 2 vegetables

## Marinara Sauce

 10 servings (1/2 cup per serving)

### Ingredients:

- 1 tbsp olive oil
- 1/2 cup diced onion
- 2 cloves minced garlic
- 2 tsp dried oregano
- 1 1/2 tsp dried basil
- 1 tbsp fresh chopped parsley
- 1 can (796 mL) whole tomatoes
- 1 tsp salt
- 1 tsp freshly ground pepper
- 1 tsp sugar



### Preparation:

- Heat oil in a saucepot over medium-high heat.
- Add onions and cook, stirring, until softened, about 5 minutes.
- Add garlic, oregano, basil and parsley and continue cooking for 2 minutes.
- Add tomatoes, salt, pepper and sugar.
- Reduce heat to medium-low and simmer, stirring occasionally, until sauce has thickened, about 20 minutes.
- Using a hand blender or food processor, blend the sauce until smooth.
- Serve and enjoy!

Nutritional analysis per serving: 33 calories, 2 g fat, 1 g protein,  
5 g carbohydrate (4 g available carbohydrate), 1 g fibre, 241 mg sodium  
Plate Portions: Note: 1 vegetable

## Vegan “Meatballs”



4 servings (3 balls per serving)

### Ingredients:

- 1 tbsp ground flaxseed
- 3 tbsp water
- 1 tbsp olive oil
- ½ cup diced onions
- 1 cup chopped mushrooms
- ½ tsp salt
- 1 tbsp chopped fresh oregano or 1tbsp dried oregano
- 1 tbsp chopped fresh basil
- 1 can (540 mL) chickpeas, drained and rinsed well (about 2 cups)
- ¾ cup plain dry bread crumbs
- 1 tbsp nutritional yeast
- 1 tsp vegan Worcestershire sauce



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### Preparation:

- Preheat oven to 350°F.
- Add flaxseed and water to a small bowl and stir to combine. Let stand for 5 minutes.
- Heat oil in a medium frying pan over medium heat. Add onions and cook until slightly softened, about 4 – 5 minutes.
- Add mushrooms, salt, oregano, and basil and cook, stirring occasionally, until moisture has evaporated from mushrooms, about 6 – 8 minutes. Remove from heat and allow to cool for 5 minutes.
- Transfer mushroom mixture to a food processor. Add flaxseed mixture, chickpeas, bread crumbs, nutritional yeast and Worcestershire sauce. Pulse until mixture is coarsely chopped but starting to stick together, about 8 – 10 pulses. Do not over process.
- Form mixture into 12 “meatballs”. Transfer to a parchment paper-lined rimmed baking sheet.
- Bake, turning halfway through baking time, until lightly browned, about 30 minutes.
- Serve with your favourite tomato sauce and enjoy.

Nutritional analysis per serving: 246 calories, 8 g fat, 10 g protein, 36 g carbohydrate (29 g available carbohydrate), 7 g fibre, 622 mg sodium  
Plate Portions: 1 vegetable, 1 grain, 1 protein, 1 fat

## Jack-O-Lantern (Butternut Squash) Soup

 6 servings (2 cup per serving)

### Ingredients:

- 1 cup roughly chopped onion
- 1 cup roughly chopped carrot
- 1 cup roughly chopped cauliflower
- 2 cups chopped butternut squash
- 3 cloves garlic, peeled
- 1 tbsp turmeric
- 1 tbsp cumin
- 1 tbsp fennel seed
- ¼ tsp salt
- ½ tbsp parsley
- ½ tbsp oregano
- 8 cups no-salt-added vegetable broth
- ½ cup plain 2% Greek yogurt



### Preparation:

- Add all ingredients except Greek yogurt to slow cooker and stir to combine. Cook for 4 hours on high or 8 hours on low.
- Purée soup with an immersion blender until smooth. Alternatively, you may use a blender to purée the soup. Note: Allow soup to cool before blending! Do not attempt to blend hot soup in a blender.
- Stir in the Greek yogurt. Reheat if necessary over low heat.
- Serve and enjoy!

Nutritional analysis per serving: 117 calories, 1 g fat, 4 g protein,  
25 g carbohydrate (20 g available carbohydrate), 5 g fibre, 417 mg sodium  
Plate Portions: 1 grain, 1 vegetable

# Turkey Shepherd's Pie

 9 servings (1 ½ cup per serving)

## Ingredients:

- 1 tsp canola oil
- 1 lb. lean ground turkey
- 1 cup diced onion
- 1 cup diced carrots
- 1 cup diced celery
- 1 cup chopped mushrooms
- 1 clove minced garlic
- 1 tsp salt
- 1 tsp fresh ground pepper
- 2 tsp dried thyme
- 2 tsp dried sage
- 1 tsp dried basil
- 1 tbsp flour
- 1 cup low-sodium chicken broth
- 3 cups chopped cauliflower
- ½ cup diced peeled potato
- 1 tbsp butter
- 1 tsp garlic powder
- ½ cup frozen peas
- ½ cup frozen corn



## Preparation:

- Heat oil in a large frying pan over medium heat. Add turkey and cook, stirring, until thoroughly cooked, about 5 minutes.
- Add onion, carrots, celery, mushrooms and garlic. Cook until vegetables are slightly softened, about 5 minutes.
- Stir in salt, pepper, thyme, sage and basil. Cook for 30 seconds.
- Sprinkle the flour over the vegetables and stir until coated.
- Slowly stir in broth. Bring to a boil, then reduce heat to medium-low and simmer until sauce has thickened, about 10–15 minutes.
- Meanwhile, bring a pot of water to a boil, add cauliflower and potatoes and cook until tender, about 10 minutes. Drain.
- Return cauliflower and potato to pot and add butter and garlic powder. Mash mixture until smooth.
- Serve and Enjoy!
- Transfer turkey mixture to a lightly greased 9 x 13 inch baking pan. Sprinkle peas and corn over turkey mixture. Spread with mashed cauliflower mixture.
- Allow to cool completely, then cover with aluminum foil and freeze for up to 3 months.
- To heat, remove pan from freezer and let sit at room temperature for 30 minutes. Meanwhile, preheat oven to 350°F.
- Bake, covered, until heated through, about 45 minutes–1 hour. If desired, remove foil and broil for 5 minutes until lightly browned.

Nutritional analysis per serving: 213 calories, 11 g fat, 16 g protein, 13 g carbohydrate (10 g available carbohydrate), 3 g fibre, 139 mg sodium  
Plate Portions: 2 proteins, 2 vegetables, 1 fat

# Vegan Shepherd's Pie



8 servings

## Ingredients:

- 1 tsp canola oil
- 1 cup diced onions
- 1 cup diced peeled carrots
- 1 cup diced celery
- 1 cup diced mushrooms
- 2 cloves minced garlic
- 2 tsp dried sage
- 2 tsp dried parsley
- 2 tsp dried thyme
- 1 tsp dried basil
- 3 cups no-salt-added vegetable broth, divided
- 2 cans (540 mL) lentils, drained and rinsed
- 1 tsp garlic powder
- 1 tsp salt
- 2 cups diced peeled russet potatoes
- ½ cup frozen peas
- ½ cup frozen corn



stock image

## Preparation:

- Preheat oven to 400°F
- Heat oil in a large frypan over medium heat. Add onions, carrots and celery and cook, stirring, until starting to soften, about 5 minutes.
- Add mushrooms and garlic and cook for 3 minutes.
- Add sage, parsley, thyme and basil and cook until fragrant, about 1 minute.
- Stir in 1 cup broth and bring to a simmer.
- Reduce heat to medium-low. Add lentils and cook, stirring occasionally, until sauce is thickened, about 10 - 15 minutes.
- Meanwhile, combine remaining 2 cups broth, garlic powder, salt and potatoes in a large pot. Bring to a boil. Reduce heat to medium-low and simmer until potatoes are tender, about 10 minutes. Add water if necessary.
- Remove from heat and mash potatoes until smooth.
- Spread lentil mixture in the bottom of a lightly greased large baking dish.
- Sprinkle frozen peas and corn over mixture. Spread evenly with mashed potatoes.
- Cover with aluminum foil and bake until lentil mixture is bubbly, about 30 minutes.
- Remove foil and broil until potatoes are lightly browned, about 10 minutes.
- Serve and enjoy!

Nutritional analysis per serving: 163 calories, 1 g fat, 7 g protein, 32 g carbohydrate (26 g available carbohydrate), 6 g fibre, 386 mg sodium  
Plate Portions: 2 grains, 1 protein, 1 vegetable

# Fish Taco

 4 servings (1 taco per serving)

## Ingredients:

- 2 tbsp lime juice
- 1 tbsp canola oil
- 1 clove garlic, minced
- ½ tsp ground cumin
- ½ tsp chili powder
- ¼ tsp salt
- ¼ tsp ground pepper
- ½ lb. firm-fleshed white fish fillets, such as cod or sole, cut into thin strips
- 1 tsp canola oil
- 4 whole wheat tortilla shells (6 inch)
- Lime wedges, for garnish



## Preparation:

- To make the marinade, combine lime juice, 1 tbsp canola oil, garlic, cumin, chili powder, salt and pepper in a medium bowl or large Ziploc bag. Add fish to marinade and stir to combine. Allow to sit for 15-20 minutes in the refrigerator.
- Heat 1 tsp canola oil in a medium frypan over medium heat. Remove fish from marinade and cook until fish is opaque and flakes easily with a fork, about 5-10 minutes. Discard remaining marinade.
- Divide fish equally between tortillas. Serve with fresh limes and your favourite toppings. Enjoy!
- Note: For a vegetarian version, use the vegan fish taco recipe from this book.

Nutritional analysis per serving: 166 calories, 5 g fat, 13 g protein, 19 g carbohydrate (16 g available carbohydrate), 3 g fibre, 333 mg sodium  
Plate Portions: 1 grain, 2 proteins

# Vegan “Fish” Tacos

 5 servings (1 taco per serving)

## Ingredients:

- 1 can (398 mL) whole hearts of palm, drained (about 5 pieces)
  - 1/3 cup cornmeal
  - 1 tbsp all-purpose flour
  - 1/2 tsp salt
  - 1 tsp baking powder
  - 1 tsp garlic powder
  - 1 tsp onion powder
  - 1 tsp old bay seasoning
  - Avocado oil cooking spray
  - 5 whole wheat tortillas (8 inch)
- Toppings (Optional):
- Shredded lettuce
  - Coleslaw
  - Sliced radishes
  - Corn kernels
  - Mild salsa
  - Shredded cheese



## Preparation:

- Preheat oven to 375°F. Line a rimmed baking sheet with parchment paper.
- Cut hearts of palm in half lengthwise.
- Add cornmeal, flour, salt, baking powder, garlic powder, onion powder and old bay seasoning to a shallow bowl and whisk to combine.
- Press hearts of palm into the cornmeal mixture and turn to coat evenly. Transfer to prepared baking sheet.
- Spray each piece lightly with avocado oil cooking spray.
- Bake, turning once halfway through baking time, until crisp and browned, about 35 – 40 minutes.
- Place cooked pieces in tortillas and add desired toppings.
- Serve and enjoy.

Nutritional analysis per serving: 178 calories, 4 g fat, 6 g protein,  
33 g carbohydrate (28 g available carbohydrate), 5 g fibre, 778 mg sodium  
Plate Portions: Note: 2 grains, 1 protein

## Purple Soup (Borscht)

 8 servings (1 ½ cup per serving)

### Ingredients:

- 1 tbsp canola oil
- 1 cup finely chopped onion
- 1 cup diced carrots
- 1 cup diced celery
- 1½ cups thinly sliced cabbage
- 2 cloves minced garlic
- 1 tsp salt
- 1 tsp ground black pepper
- 1 bay leaf
- 1 can (156 mL) tomato paste
- 9 cups low sodium chicken or vegetable broth
- 1 cup diced yellow potato
- 1½ cups grated beets
- 1 tsp cider vinegar
- ½ tsp granulated sugar
- 2 tbsp fresh chopped dill
- 1 can (540 mL) kidney beans, drained and rinsed
- Plain Greek yogurt, for garnish



### Preparation:

- Heat oil in a large pot over medium heat.
- Add onions, carrots and celery. Cook until slightly softened, about 5 minutes.
- Add cabbage and garlic and cook, stirring, for 5 minutes.
- Add salt, pepper, bay leaf, tomato paste, broth, potato and beets.
- Bring to a boil, then reduce heat to low and simmer for 10 minutes.
- Add vinegar, sugar, dill and beans and simmer until heated through, about 2 - 3 minutes.
- Add a dollop of Greek yogurt and a sprig of dill for garnish.
- Serve and enjoy!

Nutritional analysis per serving: 141 calories, 2 g fat, 6 g protein,  
26 g carbohydrate (20 g available carbohydrate), 6 g fibre, 257 mg sodium  
Plate Portions: 1 grain, 1 protein, 1 vegetable

# Fish and Chips

 5 Servings (2 oz. fish + ½ cup sweet potato fries per serving)

## Ingredients:

### Fish

- 1 tbsp canola oil
- ½ cup all-purpose flour
- ½ tsp salt
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 large egg
- ½ cup panko bread crumbs
- 2 skinless cod fillets (5 oz/142 g each)

### Sweet Potato Fries

- 2½ cups sweet potatoes, cut into ½ inch thick fries
- 2 tsp canola oil
- ½ tsp salt
- 1 tsp garlic powder
- 1 tsp onion powder



## Preparation:

- Preheat oven to 400°F. Line a rimmed baking sheet with parchment paper, then brush parchment lightly with oil.
- In a shallow bowl or pie plate, whisk together flour, salt, onion powder and garlic powder. In a second shallow bowl, whisk egg until frothy. In a third shallow bowl, add panko. Set aside.
- Pat cod dry with paper towels, then cut fillets lengthwise into ¾ inch thick strips.
- Dredge fish in flour, then transfer to egg mixture and turn to coat. Transfer to panko and press gently so crumbs adhere to fish.
- Transfer fish to prepared baking sheet and drizzle lightly with oil. Set aside.
- Line a second baking sheet with parchment paper.
- Add sweet potatoes, 2 tsp oil, salt, garlic powder and onion powder to a medium bowl and toss to coat. Transfer to baking sheet and spread into a single layer.
- Bake, turning once halfway through baking time, until fries are tender and lightly browned at the edges and fish reaches an internal temperature of 158°F, about 20 – 25 minutes.
- Serve and enjoy.

### Notes:

For a vegetarian version, use the Vegan “Fish” Sticks recipe from this book.

Nutritional analysis per serving: 186 calories, 5 g fat, 14 g protein, 20 g carbohydrate (18 g available carbohydrate), 2 g fibre, 347 mg sodium  
Plate Portions: 1 grain, 2 proteins

# SNACKS

# SNACK RECIPES

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## Lemon Garlic Hummus

 4 servings (1/2 cup per serving)

### Ingredients:

- 1 can (540 mL) chickpeas, drained and rinsed (about 2 cups)
- 1 clove garlic
- 2 tbsp tahini
- ¼ cup fresh lemon juice
- 3 tbsp water
- ½ tsp salt
- ½ tsp pepper
- ½ tsp Dijon mustard
- 1 tbsp olive oil



### Preparation:

- Combine all ingredients in a food processor and blend until smooth.
- Serve with crackers or veggies and enjoy!
- Note: Make a large batch because this recipe will be needed in another recipe during this week.

Nutritional analysis per serving: 152 calories, 7 g fat, 6 g protein,  
18 g carbohydrate (13 g available carbohydrate), 5 g fibre, 31 mg sodium  
Plate Portions: 1 grain, 1 protein, 1 fat

## Fruit and Yogurt Bark

 12 servings (2 1/2 tbsp per serving)

### Ingredients:

- 2 cups vanilla Greek yogurt
- 1 cup thinly sliced strawberries
- 1 cup blueberries



### Preparation:

- Line a rimmed baking sheet with parchment paper.
- Spread yogurt over parchment into a thin layer.
- Scatter strawberries and blueberries evenly over yogurt.
- Freeze until firm, at least 3 hours.
- Cut into squares or break into pieces.
- Serve and enjoy.

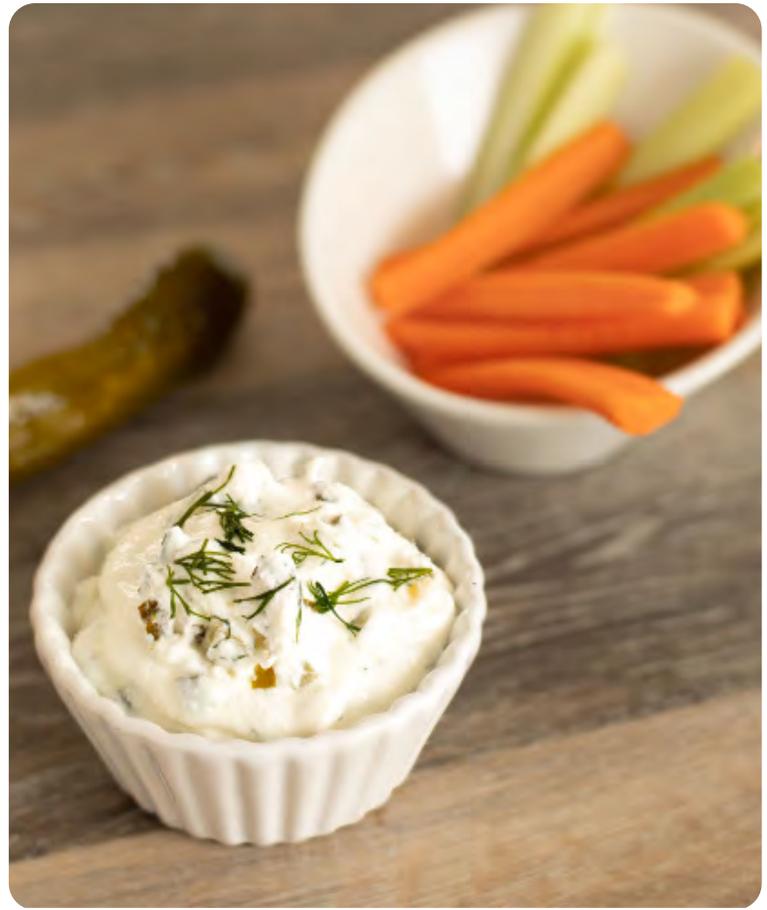
Nutritional analysis per serving: 53 calories, 1 g fat, 4 g protein,  
7 g carbohydrate (6 g available carbohydrate), 1 g fibre, 14 mg sodium  
Plate Portions: 1 protein

## Dill-icious Dill Dip

 18 servings (3 tbsp per serving)

### Ingredients:

- 2 cups cottage cheese (2%)
- 1 cup plain Greek yogurt (2%)
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ cup finely chopped dill pickles
- 1 tbsp fresh chopped dill (or 1 tsp dried dill)



### Preparation:

- Combine cottage cheese, yogurt, garlic powder and onion powder in a food processor and blend until smooth.
- Transfer mixture to a serving bowl, then stir in pickles and dill.
- Serve and enjoy.

Nutritional analysis per serving: 32 calories, 1 g fat, 4 g protein,  
2 g carbohydrate (2 g available carbohydrate), 0 g fibre, 121 mg sodium  
Plate Portions: 1 protein

# Veggie Tots

 5 servings (4 tots per serving)

## Ingredients:

- 1½ cups roughly chopped cauliflower
- 1½ cups roughly chopped broccoli
- ½ cup grated carrot
- 2 green onions, chopped
- ½ cup grated cheddar cheese
- 2 large eggs, beaten
- 1 cup plain bread crumbs
- 1 tbsp canola oil



## Preparation:

- Preheat oven to 400°F.
- Cook broccoli and cauliflower in a large pot of boiling water just until tender, about 4 - 5 minutes. Drain and set aside to cool.
- Once slightly cooled, transfer broccoli and cauliflower to a food processor and pulse just until finely chopped but not paste-like.
- Transfer to a large bowl. Add carrot, green onions, cheese, eggs and bread crumbs. Stir to combine.
- Using your hands, form the mixture into 20 balls. Flatten the top and bottom of each ball to create a cylindrical “tot” shape.
- Drizzle the canola oil onto a parchment paper-lined baking sheet.
- Roll each tot in the oil to coat evenly and line up tots in a single layer on the baking sheet.
- Bake for 7 minutes, then flip and bake for another 7 minutes.
- Serve and enjoy!

Nutritional analysis per serving: 211 calories, 10 g fat, 10 g protein,  
21 g carbohydrate (18 g available carbohydrate), 3 g fibre, 287 mg sodium  
Plate Portions: 1 grain, 1 protein, 2 vegetables, 1 fat

# Avocado Chocolate Mousse

 4 servings (3/4 cup per serving)

## Ingredients:

- ½ avocado, pitted and skin removed
- ¼ cup whole dried pitted dates, roughly chopped
- 2 tbsp honey
- 2 cups coconut milk
- ⅓ cup cocoa powder
- 1 tbsp vanilla extract
- ¼ tsp chili powder
- ¼ tsp salt



## Preparation:

- Combine all ingredients in a food processor and blend until smooth.
- Pour into individual serving bowls and refrigerate for 2 hours.
- Serve chilled and enjoy!

Nutritional analysis per serving: 193 calories, 11 g fat, 5 g protein, 25 g carbohydrate (21 g available carbohydrate), 4 g fibre, 62 mg sodium  
Plate Portions: 1 grain, 1 fat

# Zucchini Chickpea Fritter



4 servings (2 fritters per serving)

## Ingredients:

- 1<sup>3</sup>/<sub>4</sub> cups can chickpeas (540 ml), drained and rinsed
- 1 cup shredded zucchini
- 1/2 cup thinly sliced red onion
- 1/2 cup hemp hearts
- 1/2 cup of bread crumbs
- 1/4 cup chopped fresh basil
- 1 1/2 tsp garlic powder
- 1 tsp lemon zest
- 1 large egg



## Preparation:

- Preheat oven to 350°F.
- Pulse chickpeas in a food processor until almost smooth. Transfer to a large bowl.
- Add zucchini, onion, hemp hearts, bread crumbs, basil, garlic powder, and lemon zest. Stir to combine.
- Whisk egg in a small bowl and add to chickpea mixture. Stir until thoroughly combined.
- Portion mixture into 8 patties and place on a parchment paper-lined baking sheet.
- Bake until lightly browned and heated through, about 10 minutes per side.
- Serve warm and enjoy!

Nutritional analysis per serving: 284 calories, 10 g fat, 15 g protein, 34 g carbohydrate (26 g available carbohydrate), 8 g fibre, 237 mg sodium  
Plate Portions: 1 grain, 2 proteins, 1 vegetable

## Cinnamon Chips with Fruit Salsa

 8 servings (1/2 cup salsa, 1/2 pita per serving)

### Ingredients:

#### Salsa:

- 1 cup finely chopped apples (about 1 large apple)
- 1 cup finely chopped strawberries
- 1 cup finely chopped peeled mango (about 1/2 a medium mango)
- 1 cup finely chopped peeled kiwi (about two kiwis)

- 1 tbsp fresh lemon juice

#### Chips:

- 2 tbsp melted butter
- 1 tbsp granulated sugar
- 1 tbsp cinnamon
- 4 large whole wheat pitas (7.5 inch)



### Preparation:

- Preheat oven to 400°F. Line a rimmed baking sheet with parchment paper.
- Add apples, strawberries, mango, kiwi and lemon juice to a medium bowl and stir to combine. Set aside.
- Combine melted butter, sugar and cinnamon in a small bowl. Spread pitas lightly with cinnamon mixture, then cut each pita into 6 wedges.
- Arrange pita wedges on prepared baking sheet in a single layer.
- Bake until crisp and lightly browned, about 8 – 10 minutes.
- Allow to cool, then serve with salsa. Enjoy.

Nutritional analysis per serving: 193 calories, 4 g fat, 5 g protein,  
38 g carbohydrate (33 g available carbohydrate), 5 g fibre, 181 mg sodium  
Plate Portions: 1 grain, 1 fruit

## Ogre Tots (Broccoli Tots)



5 servings (4 tots per serving)

### Ingredients:

- 1 cup grated zucchini
- 2 cups broccoli, cut into small florets
- 1 cup loosely packed spinach
- ½ cup grated cheddar cheese
- 2 large eggs, beaten
- 1 cup plain bread crumbs
- 1 tbsp canola oil



### Preparation:

- Preheat oven to 400°F.
- Wrap grated zucchini in a clean kitchen towel and squeeze to remove excess moisture. Set aside.
- Cook broccoli in a pot of boiling water just until tender, about 4 - 5 minutes. Using a slotted spoon, transfer broccoli to a bowl and set aside to cool. Do not drain water from pot.
- Add spinach to same pot and cook just until wilted, about 20 seconds. Drain and set aside to cool. Once cooled, squeeze excess moisture from spinach.
- Transfer spinach and broccoli to a food processor and pulse just until finely chopped but not paste-like, about 4 – 5 pulses.
- Transfer to a large bowl. Add zucchini, cheese, eggs and bread crumbs. Stir to combine.
- Using your hands, form the mixture into 20 balls. Flatten the top and bottom of each ball to create a cylindrical “tot” shape.
- Line a rimmed baking sheet with parchment paper, then brush parchment with canola oil.
- Place tots on baking sheet in a single layer, rolling each tot gently to coat with oil.
- Bake until slightly crisp and browned at the edges, turning once halfway through baking, about 15 minutes.
- Serve and enjoy!

Nutritional analysis per serving: 203 calories, 10 g fat, 10 g protein, 20 g carbohydrate (18 g available carbohydrate), 2 g fibre, 279 mg sodium  
Plate Portions: 1 vegetable, 1 grain, 1 protein, 1 fat

## Frozen Yogurt Pudding Bites

 12 servings (1 bite per serving)

### Ingredients:

- 3 tbsp cornstarch
- 1/3 cup granulated sugar
- 2 cups skim milk
- 1 large egg, beaten
- 1 tbsp vanilla
- 1 tbsp butter
- 1 cup plain Greek yogurt
- 1 cup granola, slightly crushed
- 1/2 cup fresh fruit (raspberries, strawberries, blueberries and sliced bananas)



### Preparation:

- In a medium sauce pot, combine cornstarch and sugar.
- Add milk and whisk until sugar is almost dissolved.
- Cook over medium-high heat, whisking frequently, just until thickened.
- Remove from heat and add egg, whisking constantly. Whisk in vanilla and butter. Set aside to cool.
- Once cool, add yogurt and whisk until combined. If desired, add shredded unsweetened coconut or cinnamon and nutmeg for flavour.
- Place mini muffin papers into mini muffin tin. Fill the bottom of the papers with the slightly crushed granola. Spoon a small serving of the pudding/yogurt mixture over top of the granola (you will likely have some filling left over).
- Freeze at least 2 hours. Once frozen, remove papers and top with fresh fruit. Allow to thaw slightly 5-10 minutes before serving.
- Note: Make a large batch and freeze extra for a later date.

Nutritional analysis per serving: 112 calories, 2 fat, 5 g protein, 18 g carbohydrate (17 g available carbohydrate), 1 g fibre, 55 mg sodium  
Plate Portions: 1 grain, 1 protein, 1 fat

## Ants on a Log



6 servings (3 “logs” per serving)

### Ingredients:

- 6 long celery stalks, trimmed and cut into 3 pieces
- ½ cup natural nut butter, seed butter or nut butter alternative
- ¼ cup raisins



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### Preparation:

- Spread nut butter down the center of each of the celery sticks.
- Gently press 3 – 4 raisins into the nut butter.
- Serve and enjoy.

### Notes:

Nut butter or alternative options may include almond butter, cashew butter, Wow Butter (a nut-free, soy-based spread), or sunflower seed butter.

Nutritional analysis per serving: 155 calories, 12 g fat, 5 g protein, 11 g carbohydrate (7 g available carbohydrate), 4 g fibre, 100 mg sodium  
Plate Portions: 1 vegetable 1 protein, 1 fat

# Cinnamon Sugar Roasted Chickpeas

 5 servings (1/4 cup per serving)

## Ingredients:

- 1 can (540 mL) no-salt added chickpeas, rinsed and drained (about 2 cups)
- 1 tbsp olive oil
- 1 tbsp maple syrup
- ½ tsp vanilla
- 1 tbsp granulated sugar
- 2 tsp cinnamon
- ¼ tsp salt



## Preparation:

- Preheat oven to 400°F.
- Place chickpeas on a paper towel-lined plate and pat dry with another layer of paper towels.
- Add chickpeas and oil to a medium bowl and toss to coat.
- Transfer chickpeas to a foil-lined rimmed baking sheet and spread into a single layer. Wipe out bowl with a paper towel and set aside.
- Bake until crispy and lightly browned, about 30 minutes, stirring every 10 minutes.
- Meanwhile, combine maple syrup, vanilla, sugar, cinnamon and salt in reserved bowl. Add roasted chickpeas and toss to coat in maple spice mixture.
- Put coated chickpeas back onto the baking sheet and put back in the oven for another 10 minutes.
- Let cool for 10 – 20 minutes.
- Serve and enjoy.

Nutritional analysis per serving: 138 calories, 5 g fat, 5 g protein,  
21 g carbohydrate (16g available carbohydrate), 5 g fibre, 123 mg sodium  
Plate Portions: 1 grain

# Apple Sauce



6 servings (2/3 cup per serving)

## Ingredients:

- 2 lb. apples, cored and chopped (see note)
- ½ cup water
- Juice of 1 lemon (about 3 tbsp)
- 2 tsp cinnamon



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## Preparation:

- Combine all ingredients in a large pot and bring to a boil over medium-high heat.
- Reduce heat to medium-low and simmer, covered, until apples begin to break down, about 20 minutes.
- Blend in a food processor or blender until very smooth.
- Serve and enjoy.

Nutritional analysis per serving: 83 calories, 0 g fat, 0 g protein,  
22 g carbohydrate (19 g available carbohydrate), 3 g fibre, 2 mg sodium  
Plate Portions: 1 Fruit

# Blackbean Brownie

 9 servings (1 brownie per serving)

## Ingredients:

- 1½ cups canned black beans, drained and rinsed
- 3 tbsp unsweetened cocoa powder
- ¾ cups quick oats
- ¼ tsp salt
- 3 tbsp honey
- 2 tbsp packed brown sugar
- 3 tbsp coconut oil
- 2 tsp vanilla
- ⅓ cup water
- ½ cup semi-sweet chocolate chips



## Preparation:

- Preheat oven to 350°F.
- Add all ingredients except chocolate chips to a food processor and blend until smooth.
- Spread batter evenly in a greased 8 x 8 inch baking pan. Sprinkle with chocolate chips.
- Bake until a toothpick inserted in the center comes out clean, about 15 minutes.
- Allow to cool fully in pan on a rack.
- Brownies may be stored in an airtight container at room temperature for up to 5 days, or frozen for up to 3 months.
- Serve and enjoy!

Nutritional analysis per serving: 188 calories, 8 g fat, 4 g protein,  
29 g carbohydrate (24 g available carbohydrate), 5 g fibre, 249 mg sodium  
Plate Portions: 2 grains, 1 fat

## Cucumber Sandwich Bites

 2 servings (3 sandwiches per serving)

### Ingredients:

- ½ cucumber, cut into slices on an angle
- 1 tomato, sliced
- 75 g thinly sliced deli turkey breast
- ¼ cup hummus or tzatziki dip



### Preparation:

- Spread 1 Tbsp. of hummus onto a slice of cucumber.
- Add a slice of turkey, folded, and a slice of tomato on top. Top with another slice of cucumber. Serve and enjoy!

Nutritional analysis per serving (with hummus): 117 calories, 4 g fat, 10 g protein, 12 g carbohydrates, (9 g available carbohydrate), 3 g fibre, 580 mg sodium  
Plate Portions: 1 protein, 2 vegetables

## Chickpea Energy Bites

 12 servings (3 balls per serving)

### Ingredients:

- ½ cup dried cranberries (see note)
- ¼ cup mini chocolate chips (optional)
- 3 tbsp maple syrup
- 1 cup chickpeas, rinsed and drained
- ¼ cups rolled oats
- ¾ cup peanut butter, or alternative nut/seed butter



### Preparation:

- Add dried cranberries, chocolate chips and maple syrup to food processor and process until finely chopped.
- Add chickpeas and process until smooth.
- Add rolled oats and peanut butter. Continue blending until you get a dough-like consistency.
- Roll into 1 tbsp balls. Refrigerate or freeze leftover energy bites in a sealed container.
- Note: Other dried fruits will work in this recipe as well. Raisins, dates or apricots will work best.

Nutritional analysis per serving: 202 calories, 10 g fat, 7 g protein, 24 g carbohydrate (20 g available carbohydrate), 4 g fibre, 4 mg sodium  
Plate Portions: 2 grains, 1 protein, 1 fat

## Peach Frozen Yogurt

 1 serving

### Ingredients:

- ½ cup frozen sliced peaches
- ½ cup low fat plain Greek yogurt
- 1 tsp fresh grated ginger



### Preparation:

- Combine all ingredients in a blender or food processor. Purée until smooth.
- Transfer mixture to an airtight container. Freeze, stirring once every hour until firm but not solid, about 4 - 6 hours.
- Serve and enjoy!
- Note: Make a large batch and freeze for future use.

Nutritional analysis per serving: 122 calories, 2 g fat, 13 g protein,  
14 g carbohydrate (13 g available carbohydrate), 1 g fibre, 47 mg sodium  
Plate Portions: 2 proteins, 1 fruit

# Sundried Tomato Hummus

 7 servings (¼ cup per serving)

## Ingredients:

- 1 can (398 mL) chickpeas, drained and rinsed
- 3 tbsp fresh chopped basil
- ¼ cup chopped drained oil-packed sundried tomatoes
- ½ cup water
- ½ cup tahini
- 1 clove garlic
- ¼ tsp salt



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## Preparation:

- Combine all ingredients in a food processor and blend until smooth. Add more water if needed to achieve desired consistency. If using no-salt-added chickpeas, you may need to add more salt to taste.
- Pair hummus with freshly cut veggies like cucumber, carrots, bell peppers, broccoli and celery as a fibre-packed snack!

Nutritional analysis per serving: 161 calories, 10 g fat, 6 g protein,  
13 g carbohydrate (8 g available carbohydrate), 5 g fibre, 220 mg sodium  
Plate Portions: 1 protein, 1 fat

## Chocolate Yogurt Dip Surprise

 8 servings (2 tbsp per serving)

### Ingredients:

- 1 cup plain Greek yogurt (2%)
- 2 tbsp liquid honey
- 1 tbsp maple syrup
- 2 tbsp unsweetened cocoa powder
- 1 tsp vanilla extract



### Preparation:

- Combine all ingredients in a bowl and whisk until smooth.
- Serve with your favourite fruit.
- Enjoy.

Nutritional analysis per serving: 62 calories, 1 g fat, 3 g protein, 12 g carbohydrate (11 g available carbohydrate), 1 g fibre, 17 mg sodium

## Crispy Chili Chickpeas

 4 servings (1/3 cup per serving)

### Ingredients:

- 1 can (540 mL) no-salt-added chickpeas, rinsed and drained
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp chili powder



### Preparation:

- Preheat oven to 400°F.
- Pat dry the chickpeas then toss in olive oil.
- Spread evenly on a baking sheet and cook until crispy, about 40 - 50 minutes, shaking the pan every 10 minutes.
- Remove from oven and toss chickpeas in spices immediately.
- Serve and enjoy!
- Note: These have a very long shelf life. Feel free to make a large batch and keep in an air tight container at room temperature for up to 2 weeks.

Nutritional analysis per serving: 150 calories, 6 g fat, 6 g protein,  
20 g carbohydrate (14 g available carbohydrate), 6 g fibre, 26 mg sodium  
Plate Portions: 1 grain, 1 protein, 1 fat

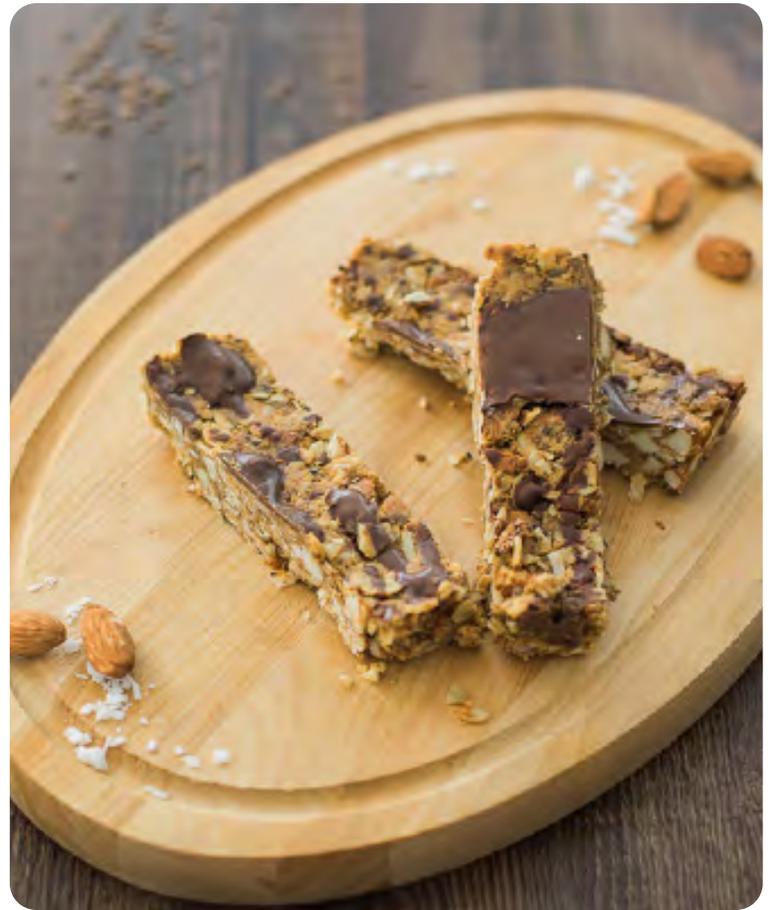
## Granola Bar



8 servings (1 bar per serving)

### Ingredients:

- ½ cup natural peanut butter
- 3 tbsp honey
- 1 tsp vanilla
- 1½ tbsp coconut oil
- 2 tbsp ground flax seeds
- 1 tbsp chia seeds
- ¼ cup unsweetened shredded coconut
- ½ cup almonds, roughly chopped
- ½ cup rolled oats
- 2 tbsp chocolate chips, melted (optional)



### Preparation:

- Combine peanut butter, honey, vanilla and coconut oil in a medium pot. Cook over medium-low heat, stirring frequently, until mixture is melted.
- Remove from heat and add flax seeds, chia seeds, shredded coconut, almonds and oats. Stir until fully combined.
- Pour into a loaf pan lined with parchment paper, packing mixture firmly into pan.
- Drizzle with melted chocolate. Refrigerate until firm, at least 30 minutes.
- Remove from pan and slice into 8 bars.
- Serve and enjoy!

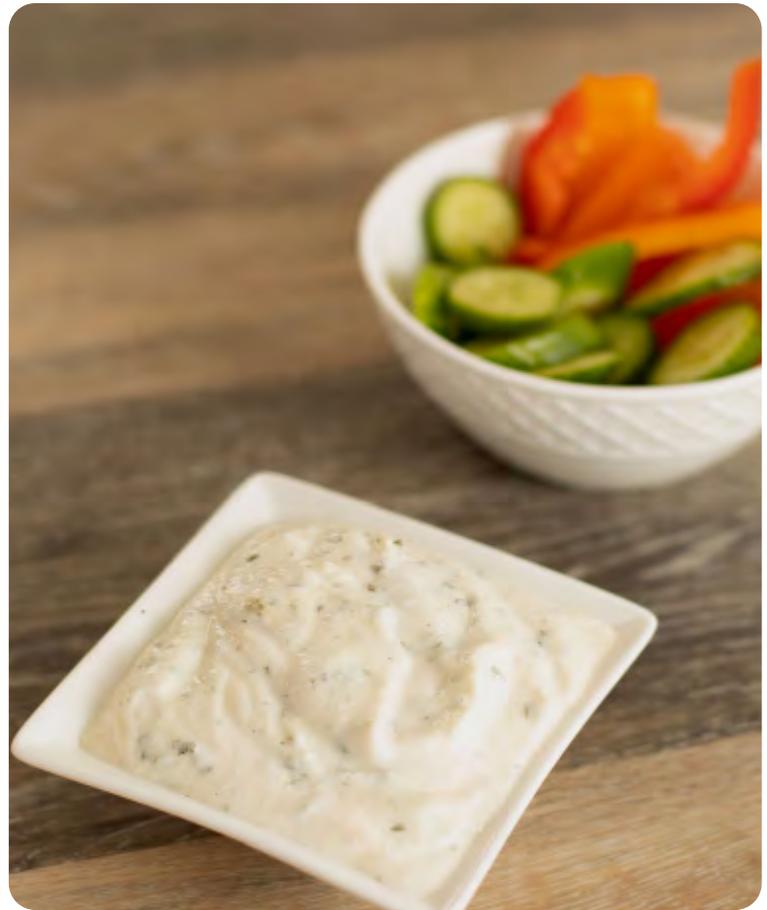
Nutritional analysis per serving: 279 calories, 21 g fat, 8 g protein, 19 g carbohydrate (14 g available carbohydrate), 5 g fibre, 5 mg sodium  
Plate Portions: 2 grains, 1 protein, 3 fats

## Greek Yogurt Ranch Dip

 8 servings (2 tbsp per serving)

### Ingredients:

- 1 cup low fat plain Greek yogurt (2%)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried dill
- 1 tsp dried parsley
- 1 tsp minced fresh chives
- ½ tsp salt
- ¼ tsp ground black pepper
- 1 tbsp fresh lemon juice
- 2 tbsp water



### Preparation:

- Combine all ingredients in a bowl and whisk to combine.
- Serve and enjoy.

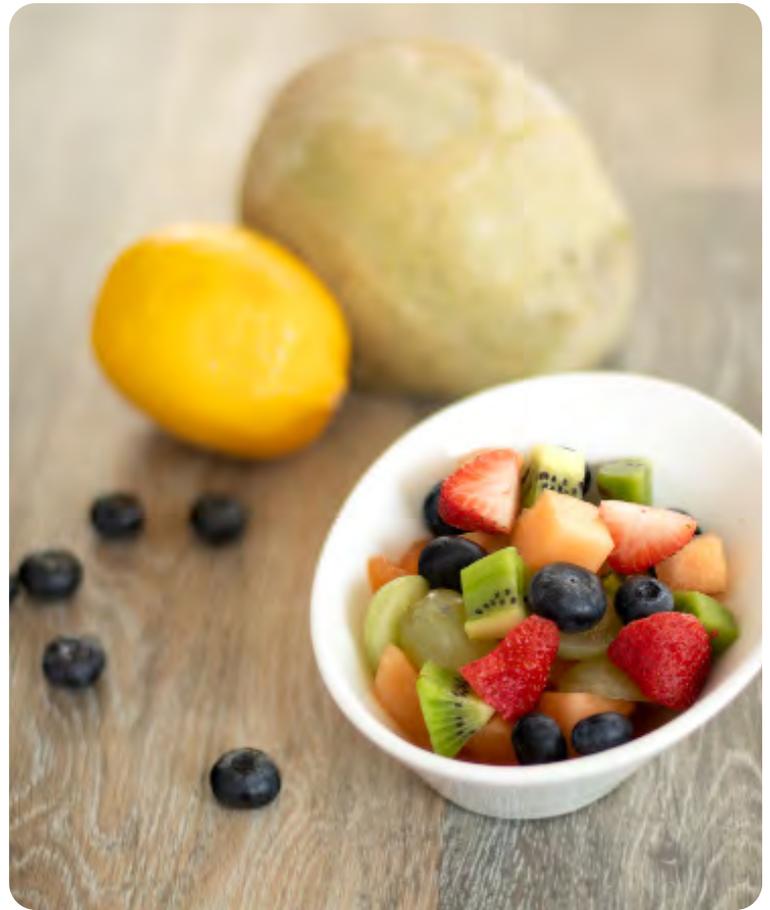
Nutritional analysis per serving: 27 calories, 1 g fat, 3 g protein, 2 g carbohydrate (2 g available carbohydrate), 0 g fibre, 156 mg sodium

# Fruit Salad

 12 servings (1 cup per serving)

## Ingredients:

- 4 cups diced strawberries
- 2 cups fresh blueberries
- 3 cups seedless grapes, halved
- 1 cup peeled, diced kiwis
- 2 cups peeled, diced cantaloupe (honeydew or watermelon may also be used)
- 2 tbsp fresh lemon juice



## Preparation:

- Combine all ingredients in a bowl and stir to combine.
- Serve and enjoy.

Nutritional analysis per serving: 75 calories, 0 g fat, 1 g protein,  
19 g carbohydrate (16 g available carbohydrate), 3 g fibre, 6 mg sodium  
Plate Portions:1 fruit

# Banana Berry Mini Muffin

 24 servings (1 muffin per serving)

## Ingredients:

- 2 cups whole wheat pastry flour
- $\frac{3}{4}$  tsp baking soda
- $\frac{3}{4}$  tsp baking powder
- $\frac{1}{4}$  tsp salt
- 2 medium bananas, mashed
- $\frac{1}{2}$  cup pure maple syrup
- $\frac{1}{3}$  cup plain Greek yogurt (2%)
- 1 large egg
- 1 tbsp vanilla extract
- 1 tbsp butter, melted
- $\frac{1}{2}$  cup milk (1%)
- $1\frac{1}{2}$  cups frozen small mixed berries, divided (see note)



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## Preparation:

- Preheat the oven to 350°F.
- Spray a tin of 24 mini muffin cups with non-stick spray.
- In a large bowl, mix together flour, baking soda, baking powder and salt. Set aside.
- In a separate bowl, combine bananas, maple syrup, yogurt, egg, vanilla, and butter. Mix well.
- In batches, alternate adding the flour mixture and milk to the banana mixture. Mix just until combined. Do not over mix. Gently fold in 1 cup frozen berries.
- Pour batter into the muffin tin and top with the remaining  $\frac{1}{2}$  cup frozen berries, dividing equally.
- Bake for 10-15 minutes.
- Allow to cool and enjoy!

### Notes:

for best results, use a berry mix that doesn't include large berries like strawberries or blackberries.

Nutritional analysis per serving: 78 calories, 1 g fat, 2 g protein, 15 g carbohydrate (13 g available carbohydrate), 2 g fibre, 87 mg sodium  
Plate Portions: 1 grain

## Apple Wedge Snack

 2 servings (1/2 apple per serving)

### Ingredients:

- 1 apple
- Sunflower seed butter or another nut-free butter
- Granola
- Mini chocolate chips
- Hemp hearts
- Ground flax seed



### Preparation:

- Remove the core from the apple and slice to create thin discs or wedges.
- Add any combination of the topping options to the apple and eat immediately, or pack toppings in a separate container for a later snack.
- Note: This is a fun recipe to allow the kids build it themselves.

Nutritional analysis per serving: 192 calories, 12 g fat, 5 g protein,  
22 g carbohydrate (18 g available carbohydrate), 4 g fibre, 10 mg sodium  
Plate Portions: 1 grains, 1 proteins, 1 fruit, 1 fat

# Pumpkin Harvest Cookies

 14 servings (1 cookie per serving)

## Ingredients:

- 2 cups old-fashioned oats, divided
- ½ cup pumpkin seeds
- ¼ cup ground flaxseed
- 1 tsp cinnamon
- ¼ tsp cloves
- ¼ tsp allspice
- ¼ tsp nutmeg
- ¼ tsp salt
- ⅓ cup sultana raisins
- 1 tbsp canola oil
- ¼ cup pumpkin seed butter
- ¼ cup honey
- ⅔ cup pumpkin purée (do not use pumpkin pie filling)
- ⅓ cup large egg whites
- 1 tsp vanilla



## Preparation:

- Preheat oven to 350°F.
- Add 1 cup oats to a food processor or blender and pulse just until oats are coarsely ground. Do not over-process into oat flour.
- Transfer ground oats to a large bowl. Add remaining 1 cup oats, pumpkin seeds, flaxseed, cinnamon, cloves, allspice, nutmeg, salt and raisins. Stir to combine.
- In a separate bowl, whisk together canola oil and pumpkin seed butter. Add honey, pumpkin puree, egg whites and vanilla. Whisk until combined.
- Add pumpkin mixture to flour mixture and stir just until combined.
- Scoop ¼ cup portions of dough onto a parchment paper-lined baking sheets, with six dough balls per baking sheet. Wet hands with water and gently shape portioned dough into balls\*. Gently flatten dough balls to about a ½ inch thickness. Bake for 15 minutes.
- \*Note: Dough will be slightly tacky. Wetting your hands to flatten the scoops of cookie dough will keep it from sticking.

Nutritional analysis per serving: 150 calories, 6 g fat, 8 g protein,  
19 g carbohydrate (16 g available carbohydrate), 3 g fibre, 92 mg sodium  
Plate Portions: 1 grain, 1 protein

# Cinnamon Apple Chips

 4 servings (1/2 cup per serving)

## Ingredients:

- 2 Granny Smith Apples
- 2 Pink Lady Apples
- Cinnamon



## Preparation:

- Preheat oven to 225°F.
- Thinly slice apples width-wise and remove any seeds.
- Place in a single layer on a foil-lined baking sheet and sprinkle both sides with cinnamon.
- Bake for 1 hour. Turn apple slices over and bake for another 1.5 hours for crisp and slightly chewy apple chips.
- Eat plain or dip into soft vanilla ice cream for a treat!

Nutritional analysis per serving: 49 calories,  
13 g carbohydrate (11 g available carbohydrate), 2 g fibre, 1 mg sodium  
Plate Portions: 1 fruit

# Pumpkin Seed Butter Hummus

 10 servings (1/4 cup per serving)

## Ingredients:

- 2 cloves garlic
- 1 can (540 mL) chickpeas, drained (reserve liquid)
- 2 tbsp reserved chickpea liquid (plus more if needed)
- ¼ cup pumpkin seed butter
- ¼ cup fresh lemon juice
- 2 tsp grated lemon zest
- ½ tsp salt
- ¼ tsp freshly ground pepper
- ¼ cup olive oil



## Preparation:

- Add garlic to a food processor. Pulse until garlic is chopped. Add chickpeas, 2 tbsp reserved liquid, pumpkin seed butter, lemon juice and zest, salt and pepper. Process until it has reached a fine-chopped consistency.
- Drizzle olive oil slowly through the small feed tube while mixture is processing. You may have to stop processing to scrape down the sides of the processor bowl. Continue to process until mixture is smooth and creamy.
- If after adding the olive oil the hummus is too thick, you may add more reserved chickpea liquid to adjust consistency. Alternatively, you may also use water, lemon juice, or a combination of the two.
- Serve and enjoy!

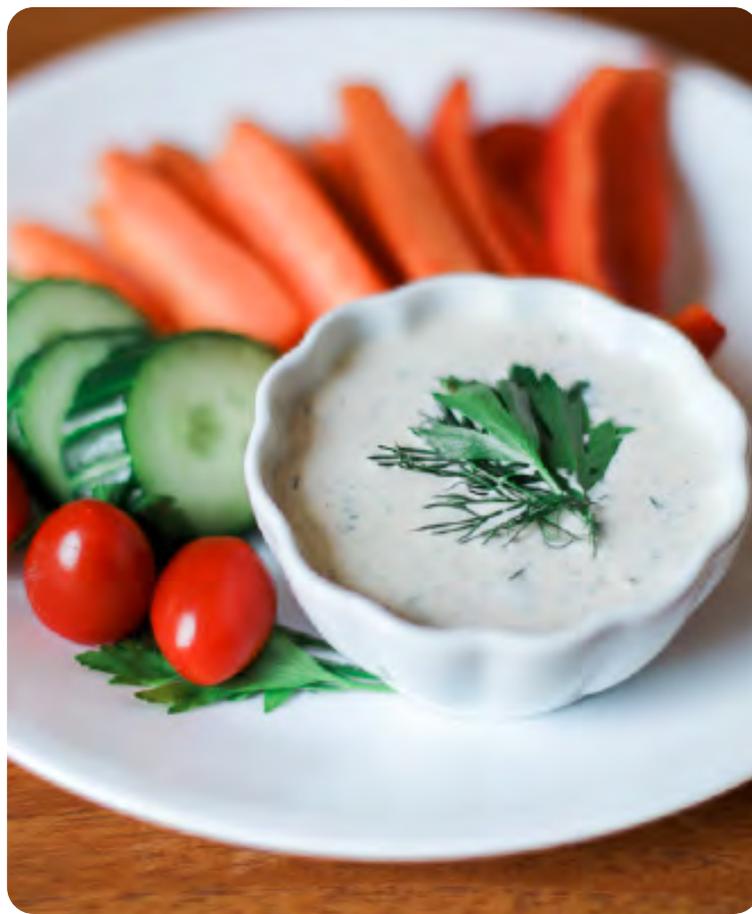
Nutritional analysis per serving: 127 calories, 9 g fat, 4 g protein,  
9 g carbohydrate (7 g available carbohydrate), 2 g fibre, 224 mg sodium  
Plate Portions: 1 protein, 1 fat

## Kefir Ranch

 10 servings (3 tbsp per serving)

### Ingredients:

- ⅓ cup mayonnaise
- ½ cup kefir
- ⅓ cup sour cream
- 1 tbsp fresh chopped parsley
- 1 tbsp fresh chopped dill
- 2 cloves minced garlic
- Dash of salt
- ¼ tsp paprika
- ½ tsp pepper
- ¼ tsp cayenne pepper
- ½ tsp onion powder



### Preparation:

- Combine all ingredients in a blender and purée until smooth.
- Serve with veggies and enjoy!

Nutritional analysis per serving: 77 calories, 7 g fat, 1 g protein,  
2 g carbohydrate (2 g available carbohydrate), 74 mg sodium  
Plate Portions: 1 fat

# Double Chocolate Oatmeal Cookies

 25 servings (1 cookie per serving)

## Ingredients:

- 1 cup whole wheat flour
- 1 cup old-fashioned oats
- 3 tbsp unsweetened cocoa powder
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- 2 tsp cinnamon
- 1 banana (very ripe)
- 1 tbsp melted butter
- ½ cup packed brown sugar
- 1 large egg
- 2 tsp vanilla
- ½ cup semisweet chocolate chips



## Preparation:

- Preheat oven to 350°F.
- In a medium bowl, combine flour, oats, cocoa powder, baking powder, baking soda, salt and cinnamon. Set aside.
- In another large bowl, mash the banana. Add melted butter, brown sugar, egg and vanilla. Stir until combined.
- Add wet ingredients to dry ingredients and stir until combined.
- Gently fold in chocolate chips.
- Line a baking sheet with parchment paper. Place 1 ½ tbsp dough onto baking sheet and form into a cookie shape. Repeat with the rest of the dough, leaving about 2 inches between each dough ball.
- Bake for 12 minutes.
- Serve and enjoy!

Nutritional analysis per serving: 71 calories,  
13 g carbohydrate (11 g available carbohydrate), 2 g fibre, 2 g protein, 2 g fat  
Plate Portions: 1 grain

## Fruit Roll Ups

 6 servings (2 rolls per serving)

### Ingredients:

- 3 cups fresh raspberries (or fruit of choice)
- 2 tbsp honey
- 1 tbsp fresh lemon juice



### Preparation:

- Preheat oven to 140°F.
- Add berries, lemon juice and honey to a food processor or blender and blend until smooth.
- Pour through a fine mesh strainer or sieve to remove seeds.
- Pour puree onto a baking sheet lined with parchment paper. Spread evenly in pan to  $\frac{1}{8}$  –  $\frac{1}{4}$  inch thickness.
- Bake until dehydrated but slightly pliable, about 4 – 6 hours.
- Cool, then cut into 1-inch wide strips.
- Serve and enjoy!

Nutritional analysis per serving: 53 calories, 1 g protein,  
13 g carbohydrate (9 g available carbohydrate), 4 g fibre, 1 mg sodium  
Plate Portions: 1 fruit

## Cinnamon Apple Snack



4 servings (1/2 cup per serving)

### Ingredients:

- 1 tsp cinnamon
- 2 tsp brown sugar
- 2 large Granny Smith apples, cored and cut into wedges



### Preparation:

- In a medium bowl, stir together cinnamon and brown sugar.
- Add apple wedges and toss gently to coat in cinnamon sugar mixture.
- Serve and enjoy.

Nutritional analysis per serving: 70 calories, 0 g fat, 0 g protein,  
17 g carbohydrate (14 g available carbohydrate), 3 g fibre, 2 mg sodium  
Plate Portions: 1 fruit

# Gluten Free Banana Bread

 12 servings (1 slice per serving)

## Ingredients:

- 4 large bananas
- 7 large eggs
- 1 tbsp vanilla
- 1 tbsp cinnamon
- $\frac{3}{4}$  cup coconut flour
- 1 tsp baking soda
- $\frac{1}{4}$  cup almond butter or peanut butter, or nut free butter
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  cup mini dark chocolate chips
- $\frac{1}{3}$  cup roughly chopped pecans



## Preparation:

- Preheat oven to 375°F.
- Add all ingredients except chocolate chips and pecans to the bowl of a food processor. Blend until smooth. If needed, add 1 - 2 tbsp milk to adjust consistency if batter is too thick.
- Fold in pecans and chocolate chips.
- Pour mixture into a greased 9 x 5 inch loaf pan and bake for 45-60 minutes, until loaf is set and toothpick inserted into the center comes out clean.
- Cut into 12 slices and enjoy!

Nutritional analysis per serving: 187 calories, 10 g fat, 7 g protein, 19 g carbohydrate (14 g available carbohydrate), 5 g fibre, 279 mg sodium  
Plate Proteins: 1 grain, 1 protein, 1 fat

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